



**STRENGTHEN YOUR BODY | SHARPEN YOUR MIND
BUILD CONFIDENCE | REACH YOUR GOALS**

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Off-Ice Warm-Up Checklist

Warm- Up

- Jump Rope
- Slow to Fast Twists
- Arm Circles
- Knee Circles
- Ankle Circles
- Back Twists
- Back Circles

Jumps

- Mini Jump to Landing
- Landing Position Hops
- Off-Ice Jumps : Single, Double, Triple

Stretches

- Runner's Lunge to Twist
- Figure 4 stretch
- Charlotte Spiral (against wall)
- Side Bend to Forward Fold
- Back Bend / Layback
- Y Spiral