



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

coach stephanie siclari

# National Dynamic Warm-Up

Warming up before you skate improves performance and decreases the risk of injury. A dynamic warm-up takes the body through a series of movement skills that will warm-up the joints and muscles necessary to complete on-ice skills. We invite you to warm-up the body, then lace up the skates!

1. **Jogging:** 1 minute
2. **Neck rolls:** 8 each direction (start looking down at the chin and then roll the neck clockwise/counterclockwise)
3. **Ankle rotations:** 8 each direction (balance on one foot, then roll the free ankle in clockwise/counterclockwise circles)
4. **Trunk twists:** 8 each side (stand with the feet hip-width apart, twisting at the waist, twist the torso side-to-side)
5. **Knee hugs:** Alternate to complete four on each leg (step forward and pull one knee into the chest while balancing and extending through the standing leg, hold 2-3 seconds)
6. **Quad pulls:** Alternate to complete four on each leg (step forward and grab the foot of the free leg, pulling the heel toward the buttocks. Push the hips forward for a deeper stretch, hold 2-3 seconds)
7. **Glute pulls:** Alternate to complete four on each leg (step forward and grab the free foot, pulling the heel up toward the belly button to stretch the outside of the hip. Hold 2-3 seconds)
8. **Walking lunges:** Alternate to complete four on each leg (take a big step forward, bending the knee to a 90-degree angle, hold 2-3 seconds and alternate feet)
9. **Straight-leg kicks:** 8 repetitions (step forward and kick one leg in front, reaching for the toe with the opposite hand)
10. **High knee run:** Complete the distance of 10 yards (running quickly, pull the knees up high toward the chest)
11. **Butt kickers:** Complete the distance of 10 yards (running quickly, kick the heels back toward the buttocks)
12. **Grapevine:** Complete the distance of 10 yards (in a sideways direction, cross the right foot over the left, next bring the left foot from behind to the side, and then cross behind with the right foot and cross over again with left. Repeat both directions)
13. **Toe and heel raise:** 10 repetitions (standing with the feet hip width apart, put all the weight in the heels of the foot, raising the toes off the ground. Next rock up to the toes and lift the heels. Repeat, holding each position 1-2 seconds)
14. **Skips:** Complete the distance of 10 yards (step forward and hop, alternating feet)
15. **Jumping jacks:** 10 repetitions (start with feet together and arms by the side. Jump both feet out while extending the arms over head. Bring feet back together while returning arms back to the sides of the body)

# Off-Ice Warm-Up Checklist

## Stretches

- Runner's Lunge to Twist
- Figure 4 Stretch : Pancake
- Hamstring Stretch : against wall or table
- Side Bend to Forward Fold
- Quad Stretch
- Cross Body Triceps Stretch
- Hip Rotations
- Back Circles

## Stretches : Advanced

- Half Split or Full Split
- Y Spiral
- Back Bend
- Layback
- Haircutter / Beillmann
- Charlotte Spiral (against wall)

## Jumps

- Mini Jump to Landing : 10x
- Landing Position Hops : 10x
- Off-Ice Jumps : Single, Double, Triple

# Notes