

BEGINNERS WORKOUT EXAMPLE

Day One	Day Two	Exercise selection
Dynamic Warm-up 1	Dynamic Warm-up 2	Dynamic warm-up 1
SEE SIDE BAR	SEE SIDE BAR	High Knee Grab Standing Quads Straight Leg march
Ladder Warm-Up 1	Ladder Warm-Up 2	Runners Skip
SEE SIDE BAR	SEE SIDE BAR	Power Skip for height Lunge and Reach Lateral Squat
Plyometrics	Plyometrics	High Knee Run
Heidens 3x5	Jump Squats with stick 3x5	Spiderman Inchworm
Skating Specific	Skating Specific	Dynamic warm-up 2
Skater walks Left, Right, Fwd, Back	Skater Pose 3sets each Side touch x10 Backwards reach x10	Figure 4 stretch Standing Quad + reach Straight Leg march Runners Skip Power Skip for height
Core Training	Core Training	Backwards Lunge
Oblique Bridge 3x:20 sec Front Bridge 3x:25 sec Lateral Myrlands 3x10 ea	OH Throws 3x10 Front Side Throws 3x10ea Chest Pass 3x12	Lateral Squat Butt Kicks Spiderman with reach up
Strength	Strength	Inchworm
Split Squats with stick x8ea Chin-Ups x5	Step-Ups x8ea Inverted Row x10	Ladder warm-up 1
Med Ball Hip Ext x10ea Push-Ups x10	1 Leg SLDL x8 Rotational Push-Ups x5ea	Quick feet forward Quick feet lateral Shuffle forward Shuffle backwards Skiers
Each exercise should be performed for 3 sets.		
Conditioning	Conditioning	Ladder warm-up 2
Mountain Climbers 5x:15sec	Skater Shuffle 5x:10sec	Side Shuffle Crossover forward Crossover backwards
Flexibility	Flexibility	In-In//Out-Out step Hop scotch
Spider Stretch Hip Crossover Groin Seated V	Lateral Squat Hold Hip flexor Lying Quads Standing Hamstring	

P H A S E 1