



Off-Ice Plan

- Cardio Warm-Up (4 Minutes)
 - Skipping, Jogging or Jumping Jacks
 - Side Hops (both ways)
 - Grapevine (both ways)
 - Quick Feet (both ways)
- Active Stretching (6 Minutes)
 - Butt Kicks
 - High Knees
 - Toe Touches
 - Lunges/Twists
 - Lunge/Arch
 - Leg Cradles
 - Strawberry Picks
 - Spiral Swings
 - Hip Swings
 - Hip Circles
 - Ankle Circles
 - Arm Open and Hug
 - Arm Circles
- Skips (Height)
- Skips (Distance)
- Air Position
 - Strong Arms
 - Strong Core
 - Head Up
 - Point Toes
- Squat Jumps
- 1/4; 1/2; Full (3 Minutes)
- Multi-Rotation (3 Minutes)
- Jumps (5 Minutes)
 - Waltz, Axel (single, double, triple)
 - Salchow (single, double, triple)
 - Toe Loop (single, double, triple)
 - Loop (single, double, triple)
 - Flip/Lutz (single, double, triple)
- Walk Through Solo
 - Present & Project
 - Visualize Quality in all Elements
 - Clean Run Trough