

Today you are working on doing these exercises correctly. You want to have the right form. A rep is how many times you do one exercise.

First, let's warm up!

1 Side-to-Side Hops: do for 30 seconds

- Bend the knees slightly and hop as high as you can to one side and then the other side.
- You can also hop forward to backward or hop in place.



2 Jog in Place: do for 30 seconds

- Jog in place.
- Make sure you are also swinging your arms the whole time.

Chair modification: while seated, do the same arm and leg motions as above.



3 Step Ups: do for 30 seconds (You need a stair step or stool for this exercise.)

- Step onto the step or stool with one foot and then the other foot.
- Now step off the step or stool with one foot and then the other foot.
- Pump your arms or hold onto the wall or stair railing for support.
- Keep stepping in the up-up-down-down pattern as fast as possible.



Do these 3 more times. Then get water and rest for 30 seconds.

Week 2 – Skating

1. Balance on One Foot



- Start with your feet shoulder width apart and your arms out
- Standing on your left leg, bring your right foot up and shift weight over standing foot; place your right toe near the back of your left ankle (see picture)
- Balance for **10 seconds**, take a **5 second break**, and balance for another **10 seconds**
- Try this standing on **each leg 3 times**

2. Swizzle Steps



- Put your heels together, with your toes spread out, creating a pizza shape (figure 1)
- Bend your knees and step forward out of this position
- Your new position should feature your toes pointed together, with your heels apart, again creating a pizza shape (figure 2); try not to look down at your feet!
- Step forward and backwards into each position **10 times each**

3. Side to Side Jumps



- Start by picking a line on the floor or place a piece of tape on the ground
- Start on one side of the line and jump with both feet to the other side (figure 1); bring your knees up in the air when you jump (figure 2)
- Do this for **30 seconds or 15 jumps**

4. Reverse Lunges



- Stand up tall. Take a big step back with one leg and drop your back knee toward the ground.
- Press up to return to standing, then raise your knee up and balance on one leg. Return to both feet on the ground. This is 1. To make it harder, keep your foot off the ground as you bring it forward.
- Step back with other leg and do the same action with the other leg. This is 2.
- Keep switching legs for a **total of 20 times**.

It is important to always take time to reset and rest. Stretching helps refresh the muscles.

1 Calf Stretch:

- Stand facing a wall.
- Put your hands against the wall at shoulder height.
- Put one foot in front of the other.
- Bend your elbows and lean in toward the wall. You will feel a stretch in your calves.
- Keep your knee straight and your hips forward.
- Make sure your heel stays on the ground. Stay in place for 20 seconds.
- Switch your feet and repeat the stretch.



2 Chest Stretch:

- Stand tall near a wall.
- Raise your left arm so that your elbow is shoulder height.
- Bend your elbows and place your forearm on the wall
- Turn your body to the right. You should feel a stretch in your chest muscles. Hold it for 20 seconds.
- Repeat the stretch with your right forearm on the wall and twisting to your left side.



3 Tricep Stretch:

- Stand or sit tall with your left arm by your ear.
- Bend your left elbow so that your hand touches your back.
- Reach over your head with your right arm and grab your left elbow with your right hand.
- Pull your left arm even closer to your ear.
- You should feel a stretch in your upper left arm. Hold it for 20 seconds.
- Repeat the stretch with your right arm by your ear and your left arm grabbing your right elbow.

