

Who's ready to sweat?



Welcome skaters to your new six week fitness plan! This fitness plan has been created in order to help improve your on ice skills. The fitness plan is to be done at least once a week (feel free to do more 😊) for a total of six weeks.

Please note if you have any modifications that need to be done due to injury feel free to do so. If you do not know how to modify, please feel free to reach out to me and I can help you! As well as parents feel free to contact me if you have questions or concerns.

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Below I have attached videos on the correct form for certain exercises plus any new exercise. Please watch these before starting week one!

<https://www.youtube.com/watch?v=B296mZDhrP4> - Plank

<https://www.youtube.com/watch?v=6AEDbzzFGsM> - Squat

<https://www.youtube.com/watch?v=JyUqwkvPsi8> - Russian Twists

<https://www.youtube.com/watch?v=dZgVxmf6jka> - Full Burpee

<https://www.youtube.com/watch?v=QOVaHwm-Q6U> - Lunge

<https://www.youtube.com/watch?v=DUBAhVe0e8Q> - Skater

<https://www.youtube.com/watch?v=e-IgY1onGLs> - Donkey Kicks

<https://www.youtube.com/watch?v=zl2t4v7tUO4> - Side Plank Drops

<https://www.youtube.com/watch?v=3VpkyIcnT64> - Plank Jacks

<https://www.youtube.com/watch?v=H3RK8D4bIKI> - Heel Taps

<https://www.youtube.com/watch?v=DYONORexgpY> - Spider Man Push - Ups

https://www.youtube.com/watch?v=I_1KGrBx2T4 - V Sit

<https://www.youtube.com/watch?v=Ml2xTP45jVQ> - Toe Taps

Week One: Welcome to your plan

Warm Up

- 25 Jumping Jacks
- Arm Stretches
- 25 Jumping Jacks
- Dynamic Stretching

Fitness Component -

- 45 second wall sit
- 12 push ups
- 45 second plank
- 12 squats
- 45 seconds of full burpees
- 12 sit ups

repeat 3 times with a one minute break in between sets

Cool Down

- Skipping
- Stretching

Week Two: Leg Blast

Warm Up:

- Skipping
- Dynamic stretching
- Jumping Jacks
- Arm stretches

Fitness Component -

Circuit One:

- 30 seconds of pulse squats
- 30 seconds of Jumping Jacks
- 12 Half Burpees (Squat to Plank)

Break for one minute between sets - Repeat 3 times

Circuit Two:

- 12 lunges
- 12 side lunges
- 30 seconds of skipping

Break for one minute between sets - Repeat 3 times

Circuit Three:

- 30 second squat hold
- 12 Donkey Kicks
- 30 seconds of skaters

Break for one minute between sets - Repeat 3 times

Cool Down:

- 30 second jog on the spot
- LOTS of bottom half stretching
 - Hammies
 - Quads
 - Calfs
 - Hip flexors

Week Three: Cut Core

Warm Up:

- One Minute Skipping
- Dynamic stretching
- 30 Jumping Jacks
- Arm stretches

Fitness Component -

Circuit One:

- 30 second Plank Hold
- 24 Plank Jacks
- 24 Heel taps (12 each side)

Break one minute between sets - Repeat 3 times

Circuit Two:

- 12 Plank shoulder taps (6 each arm)
- 30 crunches (one second hold at top)
- 30 second Mountain climbers

Break one minutes between sets - Repeat 3 times

Circuit Three:

- 30 second side plank Right
- 30 second side plank Left
- 14 Plank side drops (6 each side)

One minute break between sets - Repeat 3 times

Cool Down:

- One minutes jog on the spot
- Stretching the core and lower half along with the neck

Week Four: Bring It All Together

Warm Up:

- One minute Skipping
- Dynamic stretching
- 30 Jumping Jacks
- Arm stretches

Fitness Component -

Circuit One:

- 12 spiderman push ups (6 each side)
- 12 V-sit
- 45 seconds of Toe taps

One minute break between sets - Repeat 3 times

Circuit Two:

- 24 Russian Twist (12 each side)
- 45 seconds of skipping
- 12 Half burpees

One minute break between sets - Repeat 3 times

Circuit Three:

- 6 spiral to shoot the ducks (3 each leg)
- 30 seconds of full burpees
- 12 Up Up Down Downs

One minute break between sets - Repeat 3 times

Week Five: Cardio Kick

Warm Up:

- One minute Skipping
- Dynamic stretching
- 30 Jumping Jacks
- Whole Body stretches

Fitness Component -

- One Minute Skipping
- 45 Second Burpees
- 45 Second Plank Jacks
- One minute jumping jacks
- 30 Second Squat Hold
- 30 Second Plank

One minute break between sets - Repeat 3 times

Cool Down:

- 30 second jog on the spot

- LOTS of bottom half stretching
 - Hammies
 - Quads
 - Calfs
 - Hip flexors

Week Six: You made it!

Congratulations on making it through this killer six week fall fitness program!

This week I want YOU to make up your own workout! This workout should be 30 minutes and can target any muscle group with some cardio. Feel free to send me a clip of you working hard. Use any of the exercises above to create your own workout kick!

Keep up the GREAT WORK skaters, and train hard!

