

## Off-Ice Jump & Basic Strength Training

### Jump Technique:

- Quick stretch, ankle rolls
- ¼, ½, and full (1) rotation jumps [3x each]
  - o Feet should be shoulder width apart, arms in ‘check’ position, and back straight
  - o Bend the knees
  - o When rotating keep legs uncrossed and bring in arms (slightly above the heart)
- Standing still, backspin position – free leg in ‘h’ position, arms checked [5x]
  - o Then pull arms and leg in tight (leg should have heel pressing down for tight position)
- ¼, ½, and full (1) rotation jumps with the backspin position while in the air, landing in landing position and hold 3s [3x each]
- Plyo-lunge jumps [~5x each leg]
  - o Bring both arms up to hit the ‘h’ backspin
- Plyo-back lunge jumps (toe-loop & flip walk through) [5x each leg]
  - o Start with leg in ‘h’, bring back and pick, hop up and hit the other ‘h’ position
  - o Do not forget to bring arms up with ‘h’
- Step ups [10x each foot]
- Step ups into rotation position [10x each foot]
  - o When on stair rotate into backspin
- Kneeling step up [5x]
  - o R foot up, L foot up, R leg down, L leg down
- Kneeling jump up [5x]
- Kneeling step up & down – jump up [5x]
- Landing position – hold 3 seconds
- ½ and full rotation jumps with backspin position and landing, hold landing 3 seconds [5x]

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## Upper body strengthening:

Use soup can or weights for a slight resistance. This is mainly for shoulder strength to aid in posture and positions.

### 10 reps with 3 sets

- Bicep curls [each side 10x]
- Shoulder press
- Lateral raises
- Front raises
- Triceps kickbacks
- Triceps extensions

## Core:

Here is a list of core exercises, pick 3 or 4 to perform in a set.

### 10 reps with 3 sets

- Russian twist
- Dead bug
- Leg raises
- Flutter kicks
- Bicycle crunches
- Crunches
- Side crunches
- Heel touches
- High plank
- Elbow plank
- Side planks
- Side plank twist
- Wind shield wipers
- Crunch kicks
- Cha-cha slide challenge