

## Off-Ice Stretching

### Legs:

- Ankle rolls and stretches – x10 per side
- Standing leg kicks forward (free leg straight with pointed toe)
  - o 15 low each side
  - o 15 high each side
- Standing leg kicks to the side (free leg straight with pointed toe)
  - o 30 each side
- Figure – 8 hip rotation – 30 each side
- Calf stretch (front leg bent, back leg straight for stretch) – hold 20s each leg
- Toe touch standing & sitting (straight legs) – hold 20s
  - o Sitting single leg toe touch (straight back) - 20s each side
- Side lunge (one knee on ground, other leg straight)
  - o Flex toes up – x10 each side
  - o Sit back on heel – x10 each side
- Downward dog straight arms & legs – hold 20s
- Quad stretch – hold 20s each side
- Lunge (with knee off the ground, straight back leg, hips square and pushed forward) - 20s each side
- Pigeon – hold 20s each side
- Frog stretch (make sure hips and knees are aligned) – hold 20s
- Butterfly – hold 20s
- Straddle (chest up, back straight or chest to ground, back straight) – hold 20s
- Split stretch – left, right, forward (keep back straight) – hold 20s

### Arms/Back/Shoulders:

- Arm circles (with straight arms) forward and backward – x5 each way
- Shoulder stretch (keep arm straight) left and right - 20s each side
- Hand on wall at 90°, walk forward and twist back, both arms – hold 20s
- Standing wall downward dog, arch the back, hips back (hands on wall above head, legs straight, chin to wall) – hold 20s
- Lock hands behind back, stand with hips shoulder width apart, lean forward and let arms fall above head – hold 20s
- Camel back bend – hold 20s
  - o For more difficulty full back bend shoulders over hands straight legs – hold 20s
- King cobra (on belly hands at hips pushing up with arched back) – hold 20s
- Bow stretch (advanced = flip hands, elbows to ceiling) – hold 20s
  - o Band assisted if needed