

Drinks

WATER!

Hydration key to performance. Hydrate throughout the day, don't come to the rink Hypohydrated.

Drink before during and after!

Ordering

Warm Up

Dynamic Stretching

40-60% of max effort

Light Sweat

Aerobic Work

Age appropriate

Simple circuits to start, build gradually

Flexibility Training

remove barriers to speed and agility

increase efficiency of movement

Your "Working" Menu

Open Daily

September - April

Happy Hour - Always!



WILDE WHUP
FITNESS

Warm Up

Balance - Engage the Mind

Single Leg Forward / Back

Single Leg Ab / Adduction V

Use this time to transition "into the rink". Engage the mind, balance makes them think harder about what they are doing.

Simple Moves - 40% max effort

Hip Openers V

Ankle Hops (loose arms) V

March - High Knee

Butt Kick with Arm over Arm Swing V

Stop legs - arm over arm bent over V

Stir the Pot

Keep Core Engaged, keep it slow

Compound Moves

Squat with Overhead Arms

Side Lunge to Curtsey Squat

Reverse Lunge Knee Up

Younger - No arms for Squat, no curtsey, no knee up

Compound Moves (60% max effort)

Speed Skater (specific) V

High Knee (Jog) V

Monkey Run

Hop Scotch - Jump Back

Skip Forward - Hop Back

Diagonal Step - Back Peddle V

Back Peddle - chest low, hips over knees, feet not too high off ground

"Sides"

Ankle Rotation - standing one foot

Smaller Moves to gain balance

Single leg lift and tap

Suggest work on balance moves at home in bare feet to engage smaller muscles of feet and ankles

Walk like a Chicken

"Tickle the grass"

Squat Position - walk lateral

Boxing Hook Punch (soft)

Boxing Upper Cut (soft)

Boxing Speed Bag

Carioca

Jacks - cross

Younger - up tempo considerations

Dance - Zumba Type Moves

Stationary Squat Arm Move
over/under

Regaton - two tap step pump arms
over

Travel Salsa - two steps side/pump
arms

Girls love to move - make it fun!

V The Basics - if you want to increase amount of time per move to focus on form and learning, start with these moves and add in from there.

Aerobic Circuit

Circuit 1

Plank Walk Out

Donkey Kick

Add to Circuit 1
Crab Toe Touch
Plank Jack - Tuck
Jump Rope

Circuit 2

Basketball Squat

Speed Skater

Add to Circuit 2
Incline Power Push Up
Tricep Bench Dip

Circuit 3

Soccer Dribble

High Knee Run

Add to Circuit 3
Bird Dog
Burpee (Single Arm)
Jump Rope

Possible work breakdown

20 seconds work

10 seconds rest

6 sets

1 minute Rest between sets

Repeat (3 x Advanced)

*Speed can change
intensity*

Slow down at first

*Don't make it too
difficult, build a base.
Ensure moves are
done correctly before
introduce speed to
them.*