

# OFF-ICE MADNESS

## CARDIO CHALLENGE

- Jumping jacks - 1 minute
- High knees - 1 minute
- Jog in place - 1 minute

## BALANCE CHALLENGE

- Balance on each leg - 30 seconds
- Balance on tip-toes - 30 seconds
- Downward dog - 30 seconds

## STRETCH CHALLENGE

- Hamstring stretch both sides - 30 seconds
- Quad stretch both sides - 30 seconds
- Figure four stretch both sides - 30 seconds

## STRENGTH CHALLENGE

- Lunges - 15 on each leg
- Squats - 15
- Push-ups - 15

## OFF-ICE MADNESS BRACKET CHALLENGE

**Complete these off-ice challenges to create the winning combination!**

Each challenge has three activities. Complete one activity per challenge to advance to the next section of your bracket. Want to kick it up a notch? Complete all three activities per challenge before moving on! Complete the bracket as many times as you want for the ultimate off-ice madness workout.

**Print out or screenshot this activity and share your completed bracket using #LearnToSkateUSA.**

## CARDIO AND STRENGTH CHALLENGE

- Jump squats - 20
- Mountain climbers - 30 seconds
- Burpees - 10

## BALANCE AND STRETCH CHALLENGE

- Hold a spiral pose each side - 30 seconds
- Yoga tree pose each side - 30 seconds
- Standing hip flexor stretch each side - 30 seconds

## ABS CHALLENGE

- Plank - 20 seconds
- Crunches - 20
- Sit-ups - 20

## CREATE YOUR OFF-ICE MADNESS CHALLENGE!

Combine one element from each challenge to build a winning 7-part combination!

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