

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!

- ☐ _____
- ☐ _____
- ☐ _____