Explore the Great Outdoors!

Get your muscles moving with this adventurous off-ice challenge. Follow the trail as you stop and perform exercises to boost your skating. Start at #1 and make your way along the trail toward the top of the mountain. This activity can be done before you take the ice or on its own as a way to supplement your on-ice practice!

1. Cross the valley. Run in place or jog for 2 minutes.
2. Hike through the forest. Perform 8 walking lunges on each side.
3. Cross the creek. Perform 15 jumping jacks.
4. Climb the mountain. Skip 20 times in a row.
5. Admire the view from the top. 30-second balances on each leg, 3 times.

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