

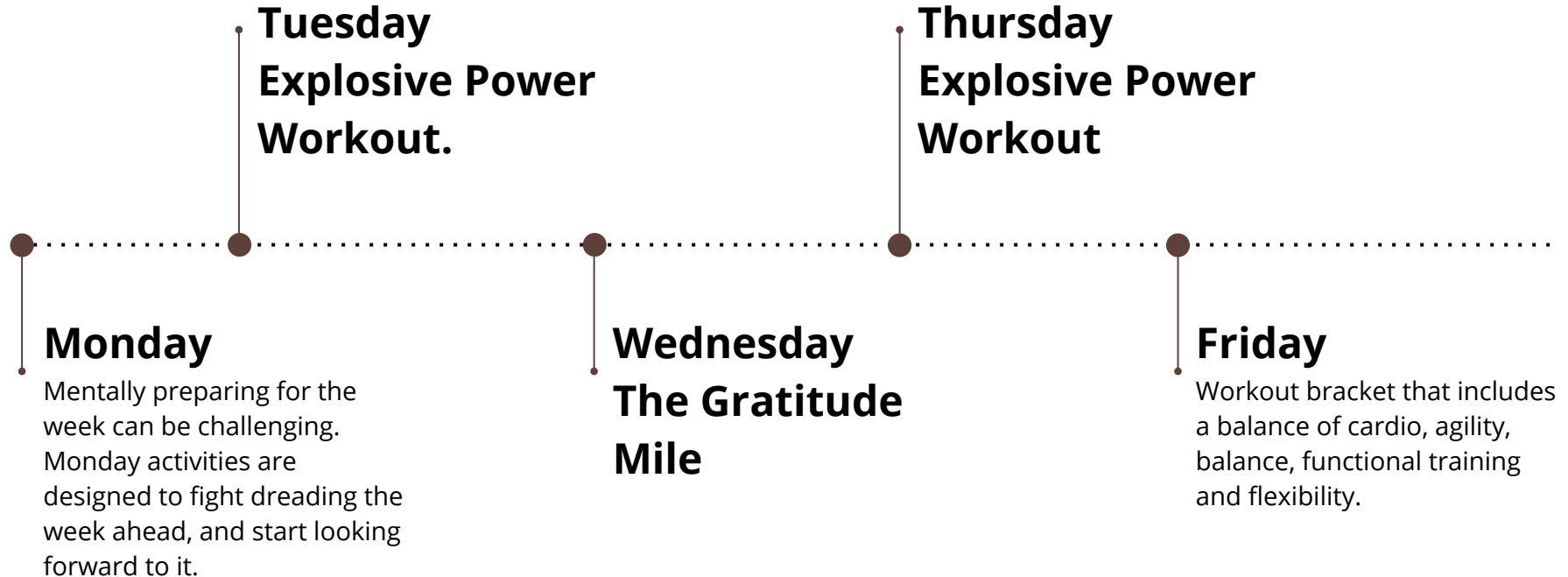
The Well Balanced Hockey/Skating Break



How to train while dealing with
anxiety, new life adjustments, and
changes in environment.

The Well Balanced Hockey/Skating Break

Access the Swinton Power Fitness Library @ www.swintonpower.com



A full week of activities!

Monday

Time of Day Important

- Yoga
- Pilates
- Meditation
- Proprioceptive Neuromuscular Facilitation

Tuesday/Thursday

Return to Normalcy

Some exercises look familiar but maybe don't use equipment/slightly altered.

- Plyometrics
- Jump Rope
- Cardio
- Strength

Wednesday

Gratitude Mile

One Mile Run (or walk run in 1 minute intervals)

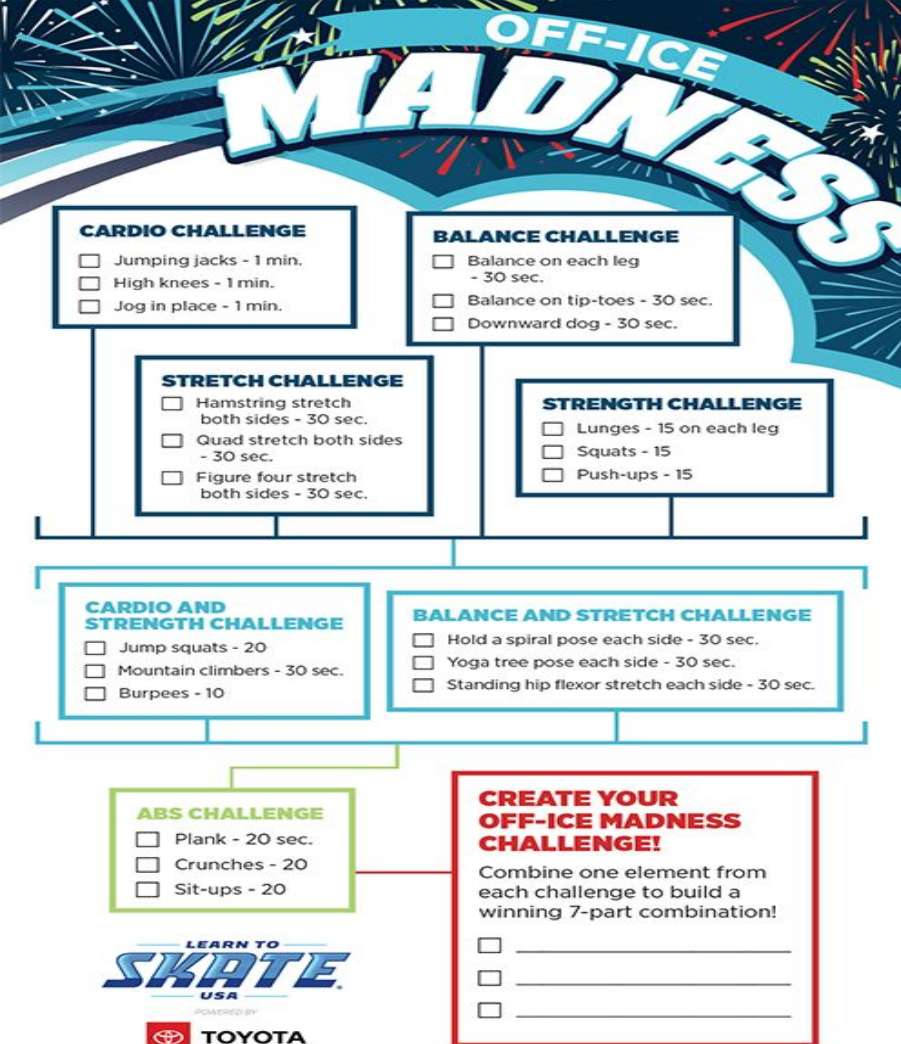
Focusing on one topic you are grateful for.

FRIDAY

- Good example of a bracket
- Balances Cardio, Balance, Flexibility, and Strength.
- Replace Abs with "Core" or agility exercises that engage the core.

Source

Off-Ice Madness. (2020). *Off-Ice Madness*. Colorado Springs, CO. Retrieved from www.info@learntoskateusa.com





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The Resource Team



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Example Workout



Warm Up:

Jump Rope

3 minutes of exercises

- Basic Speed Jump (1 minute)
- Boxer's Jumps (1 minute)
- Arm Swings (1 minute)

Introductory Activity:

Squat Jacks 5 x 5

Applied Activity:

Sit Throughs 3x10 (R & L = 2)

Hop Scotch 5x5 Right

Hop Scotch 5x5 Left

Repeat work out 1 more time.

Cool Down: 6 minutes intervals jog/walk

Warm Up:

Jump Rope Basic Speed Jump

<https://www.dropbox.com/s/2pndz8v1wj4dr8o/41b59570690270f3b094e2b26f1c09e3.MOV?dl=0>

Jump Rope Boxer's Jumps

<https://www.dropbox.com/s/apjln5ydrquqhtm/Boxer%E2%80%9999s%20Jump%20Rope.MOV?dl=0>

Arm Swings

<https://www.dropbox.com/s/e81nuda154sgki1/cc3a3e32b34d8293561fd6e1fc6fc070.MOV?dl=0>

Squat Jacks

<https://www.dropbox.com/s/brmhkxx792j2q2x/c510a1230646e7a924c10e65a99b74a7.MOV?dl=0>

Sit Throughs

<https://www.dropbox.com/s/6bcn36voiro3443/Sit%20Throughs.MOV?dl=0>

Hopscotch

<https://www.dropbox.com/s/07a40ywbl87h23a/887fabaf0948626fc281b9bd864a8fb1.MOV?dl=0>