

# Skate Like a Girl

## Program Dynamic Warm Up Routine

Updated: January 2024

### 5 Dynamic Warm Ups

Warm ups happen at the end of "Circle Time" before lesson groups start

#### 1) Seated Spine Stretch

- a) **CUE:** "Let's start by having a seat on the ground, legs out in front of you...hands on the ground behind to help you stay upright", then "Arch your back, eyes look up and heart to the sky...then opposite-round your spine in, chin comes to chest. This is basically a seated cat-cow."
- b) **Pro Tip:** Remind participants to go at your own pace and to time their breath as they move their spine in and out. Do this as one of the first warm ups, as starting on the ground earlier and working our way to standing, lunging, etc.

#### 2) Side to Side Lateral lunge

- a) **CUE:** "Alright create a nice wide stance, bend down to one side and then slide the other. As you go back and forth, right to left, continue to stay as low as you can to open the hips, groin and inner thigh."
- b) **Pro Tip:** Remind participants to move slowly side to side and keep their chest above their hips.

#### 3) Lunge with a Twist

- a) **CUE:** "Step one foot forward, keeping one foot back. Lower your back knee as close to the ground as you can. Hold that lunge and twist left and right slowly bringing your eyes with you. This one is awesome for waking up everything from the hips to the toes, getting us ready for our boards!"
- b) **Pro Tip:** Encourage folks to pick a range that doesn't have any pain. Maybe not as deep of a lunge
- c) **Fun fact:** Holds keep our tendons and ligaments strong and healthy.

#### 4) Arm Circles - big to medium to small

- a) **CUE:** "Bring your feet back together, stand tall and let's open up the shoulders with some arm circles. Let's start with big circles- full range of motion. Try not to let your spine move around. Alright, change direction and make them medium sized now. Alright, now small quick tight circles."
- b) **Pro Tip:** Offer up to change the direction folks' palms are facing- try circles with palms facing up, down, forward, backward, etc
- c) **Challenge:** See if skaters' arms can go in two different directions

#### 5) Floor to Reach Heel Raise

- a) **CUE:** "Alright this one is going to put it all together. Bring your feet to hip distance. Reach your hands to the floor, then reach up and overhead while you get your heels as high off the ground as possible. Continue to move through this one at your own pace, up and down. If you can see if you can pick up the pace a little and control your heels, come back to the ground with control."
- b) **Pro Tip:** Love the spine by rolling up and rolling down, one vertebrae at a time

### **BONUS ENERGIZER: Tuck Jumps, 180/360 Jumps, High Knees/Marching, Jumping Jacks, or "I'm a Star"**

**CUE:** "Last one, we are going to do some jumps to get us pumped up for our lesson groups!"

- c) **Pro Tip:** Jump as high or as low as you'd like. Either way, try and land softly.
- d) **Pro Tip:** Different jumps are better for different groups, read the room
- e) **Option:** For folks not comfortable jumping have them squat to heel raise instead

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#### 6) Seated Spine Stretch

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#### 7) Side to Side Lateral lunge

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#### 8) Lunge with a Twist

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- c) **Fun fact:** Holds keep our tendons and ligaments strong and healthy.

#### 9) Arm Circles - big to medium to small

- a) **CUE:** "Bring your feet back together, stand tall and let's open up the shoulders with some arm circles. Let's start with big circles- full range of motion. Try not to let your spine move around. Alright, change direction and make them medium sized now. Alright, now small quick tight circles."
- b) **Pro Tip:** Offer up to change the direction folks' palms are facing- try circles with palms facing up, down, forward, backward, etc
- c) **Challenge:** See if skaters' arms can go in two different directions

#### 10) Floor to Reach Heel Raise

- a) **CUE:** "Alright this one is going to put it all together. Bring your feet to hip distance. Reach your hands to the floor, then reach up and over head while you get your heels as high off the ground as possible. Continue to move through this one at your own pace, up and down. If you can see if you can pick up the pace a little and control your heels, come back to the ground with control."
- b) **Pro Tip:** Love the spine by rolling up and rolling down, one vertebrae at a time

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