STAR Pre-Performance
Off-Ice Warm-Up Routine

A 20-25 minute plan tailored for Skate Canada STAR skaters to prepare body and mind for performance.

Important Guidelines: Timing is everything. Start this routine exactly **30 to 45 minutes before** your scheduled ice time. This allows for a 20-minute physical warm-up, followed by 10-15 minutes to put on skates, tie them carefully, and mentally focus.

Phase 1: Cardio & Pulse Raiser (5 Minutes)

Exercise	Duration / Reps	Focus & Technique
Light Jogging or Skipping	2 - 3 minutes	Gradually increase heart rate. Keep light on the toes.
Jumping Jacks	30 seconds	Full range of motion in arms and shoulders.
High Knees / Butt Kicks	30 seconds each	Engage your core. Stay bouncy and maintain quick turnover.

Phase 2: Dynamic Mobility & Flexibility (5 Minutes)

Exercise	Reps	Focus & Technique
Leg Swings (Front/Back & Side)	10 reps per leg	Hold a wall or railing. Keep upper body stable; wake up hips.
Arm Circles & Torso Twists	10 reps each	Loosen shoulders and spine. Control the twist from your core.
Walking Lunges	8 reps per leg	Keep the front knee stacked safely over the ankle.

Phase 3: Coordination, Agility & Core Activation (5 Minutes)

Exercise	Reps / Duration	Focus & Technique
Quick Feet / Fast Hops	2 sets of 15 sec	Rapid linear or lateral hops across an imaginary line.
Plank with Shoulder Taps	30 - 45 seconds	Fire up core and stabilizer muscles. Minimize hip rocking.
Spiral Balance Holds	15 seconds per leg	Locks in balance, posture, and alignment required for elements.

Phase 4: Jump Simulation & Rotation (5 Minutes)

Exercise	Reps	Focus & Technique
Vertical Two-Foot Hops	5 - 8 jumps	Practice tight air position (snap arms in, cross ankles).
Waltz Jumps	5 - 6 jumps	Focus on strong check positions, landing knee bend, and extension.
Single Jump Simulations	5 jumps per type	Simulate Salchow, Toe Loop, or Loop depending on your program.

Final Step: Mental Imagery & Breathing

Spend 2 minutes sitting quietly. Close your eyes and visualize your program from start to finish. Feel yourself executing every element cleanly and with good posture.

Take 5 deep breaths before putting on your skates.

"If you believe in yourself
and have dedication and pride
—and never quit—
you'll be a winner."