

# ***BUILDING YOUR FLEX PROGRAM***



## ***TIMELINE = 1 HR***

15 mins / 3 songs for each section

- Active Warm Up
- Floor Body Preparation
- Static Stretching
- Flexibility Skills

## ***ACTIVE WARM UP***

- Skipping 5 mins / 1 song
- Standing dynamic warm up 10 mins / 2 - 3 songs
  - Jumping drills
  - Low - med range dynamic flexibility
  - Balance challenge



## ***FLOOR BODY PREP***

Pick a theme for each song or 5 min block Eg:

- Pike drills
- Straddle drills
- Spine Warm Up

Challenge flexibility & strength with each sequence

## ***STATIC STRETCHING***

- Durations 30 secs - 1 min / stretch
- 1 - 3 sets as required
- Stretch Intensity up to max 7/10
- You may choose to do 1 set on your preferred side & 2 sets on your non-preferred side to improve symmetry



## ***FLEXIBILITY GOALS***

Pick 3 skills / session & 2-3 drills / skill Eg:

- Biellman / Needle / Ring Balance
- "I" spin / Leg Mount / Heel Stretch
- Forward Spiral / Ponchee

## ***NOW YOU ARE ICE READY***

- **PRE-SKATING:** The perfect warm up for ice training
- **CROSS-TRAINING:** Complete as a stand alone session
- **POST-SKATING:** Start from Floor Body Prep / Static Stretching  
Finish with a 5 min cool down if not continuing onto the ice.

**WITH YOUR COACH USE THIS GUIDE TO CREATE YOUR  
PERSONALISED FLEX PROGRAM**