

# Explore the Great Outdoors!

LEARN TO  
**SKATE**  
USA  
POWERED BY

 **TOYOTA**

**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!



**STOP  
1**

**Cross the valley.**  
Run in place or jog for 2 minutes.

**STOP  
2**

**Hike through the forest.**  
Perform 8 walking lunges on each side.

**STOP  
3**

**Cross the creek.**  
Perform 15 jumping jacks.

**STOP  
4**

**Climb the mountain.**  
Skip 20 times in a row.

**STOP  
5**

**Admire the view from the top.**  
30-second balances on each leg, 3 times.