

WinterKIDS WINTER WARM UPS



UPWARD SALUTE

As you breathe in, bring your arms up over your head. Place your hands together & look up at them.

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STANDING FORWARD BEND

As you breathe out, relax your arms and fold forward to touch your toes. Bend your knees if you need to.

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TRICEPS STRETCH

Hold your right elbow with your left hand. Slowly pull your elbow down behind your head. Lean left to deepen the stretch. Switch arms & repeat on the other side.

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QUAD STRETCH

Gently pull your right foot towards your bottom until you feel a mild stretch. Hold for 15 seconds. Then, repeat with your left leg.

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BACKWARD RUN

Run backwards from a start to a finish line. Focus on staying low & pumping your shoulders & arms. Repeat 4x. Extra challenge: try running backwards up a hill!

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SKIER'S JUMPS

Jump laterally from your right leg to left leg, & your left leg to right leg. Make your jumps as smooth as possible. Continue drill for 20 seconds.

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DOWNHILL SKIER

Imagine you're downhill skiing! With both of your feet together, jump side to side. Keep hands on your hips, or for an extra challenge: try to lift your alternate arm to the side. Continue drill for 15 seconds.

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BEAR WALK

Place your hands on the ground, in front of you. Keep your bottom high in the air. Using your hands & feet, walk forward like a bear.