

# Disney ON ICE

## Core Workout

Walt Disney Company and *Disney On Ice* want to inspire kids and their parents to lead healthy lifestyles. There's something special in discovering that a healthy lifestyle can be simple, fun, and rewarding. When you're eating right, staying active, and having fun, you discover that you feel great and can be your best!

Always consult your physician before beginning any exercise program. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider. Depending on your fitness level, modifications may need to be made.

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### WARM UP HIGH KNEES (60 SECONDS)

Stand straight with feet hip width apart, looking straight ahead with your arms hanging down by your sides. Jump from one foot to the other, lifting your knees as high as possible; hip height is advisable. The arms should follow the motion. Touch the ground with the balls of your feet – avoid tip-toes.



A strong core is essential for injury prevention. *Disney On Ice* performers use their core muscles for various lifts and tricks in addition to holding themselves upright in heavy costumes.

————— To work your core like a *Disney On Ice* performer, complete these three exercises. —————

### 1 BICYCLE CRUNCHES (60 SECONDS)



Lie flat on the floor with your lower back pressed to the ground. Put your hands behind your head. Then lift your shoulder blades off the ground and alternate bringing each knee in towards your chest. Be sure not to pull on your neck.

## 2 PLANK (BEGINNERS: HOLD FOR 30 SECONDS; ADVANCED: HOLD FOR 60 SECONDS)

On the floor, bend your elbows 90 degrees, and rest your weight on your forearms. Your elbows should be directly beneath your shoulders, and your body should form a straight line from your head to your feet.



## 3 SUPERMAN (30 SECONDS)



Lie flat on the floor with your lower back pressed to the ground. Put your hands behind your head. Then lift your shoulder blades off the ground and alternate bringing each knee in towards your chest. Be sure not to pull on your neck.

————— For a more advanced workout, try repeating these exercises two more times. —————

## COOL DOWN FORWARD HANG (30 SECONDS)

Interlace your fingers behind your back. Breathe in and straighten your arms to expand your chest. Exhale and bend at your waist, letting your hands stretch toward your head. Return to upright position.

