

Disney ON ICE

Leg Workout

The 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!

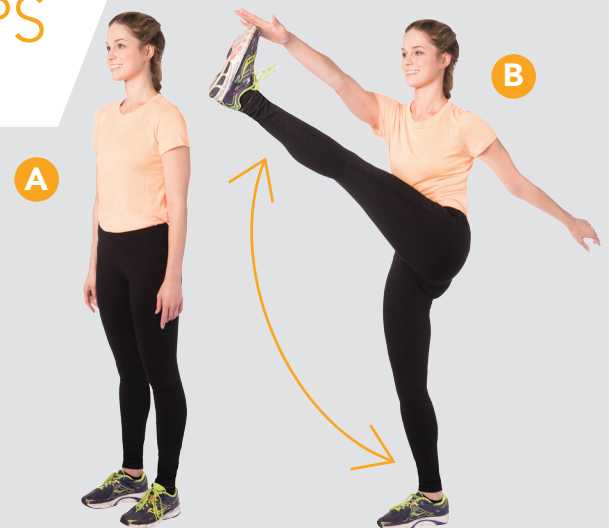
Always consult your physician before beginning any exercise program. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider. Depending on your fitness level, modifications may need to be made.

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WARM UP: STANDING TOE-TAPS

(12 REPS)

Stand with your arms down and your feet together. Kick your right leg into the air and reach to tap it to your left hand. Repeat with the left leg reaching to the right hand. Keep alternating between the two until you've done 12 toe-taps on each side. Make sure you keep your core tight and back straight – don't hunch over. Only kick as high as comfortable. Kicking too high could pull a muscle.



Disney On Ice performers require strong legs to propel themselves into the air when jumping. Strong legs muscles are also needed for the various spins performers do throughout the show.

Complete the two exercises below to work your legs like a *Disney On Ice* skater.



1 SQUATS (15 REPS)

Start with your feet shoulder distance apart. Keep your back straight, with your spine neutral, and your chest and shoulders up. Squat down keeping your knees in line with your feet. Your rear end should always be pushed backwards, not straight down. If you have knee issues, modify this exercise by using a chair; it will help take the pressure off your knees.

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

Lie on your back with your knees bent and your feet flat on the floor, approximately hip distance apart. Press your feet into the ground and lift your hips off the floor, keeping your torso in one flat piece. Hold the position. Keep your spine in a neutral position as you come back down to the ground.



For a more advanced workout, repeat the above exercises three more times.

COOL DOWN: RUNNER'S STRETCH

Step your right foot forward and lower into a lunge, placing your fingertips on your leg or on the floor. Breathe in. Then, in one motion, exhale as you straighten your right leg. Hold for 15-30 seconds, then slowly return to the lunge position and stand up. While in the lunge position, keep your knee over your ankle. Only push to where your muscles allow; never hyper extend it. Repeat with opposite leg.

