

# **Independent Home Program “Getting Started”**

## **Who is an Independent Home Program for?**

An Independent Home Program is for athletes that cannot attend the recommended number of Strength Training Class as a supplement to group classes. They are also for athletes that do not have a Strength Training Program at their rink or cannot attend classes, but want to improve their athletic development for skating.

## **Independent Home Program Structure:**

An individualized Independent Home Program is structured to the athlete's current needs, goals, exercise equipment available and workout space. The structure of an Independent Home Program is similar to a group class. It always begins with a short warm-up to get the athletes ready to train and ends with a mixture of agility, coordination, balance and flexibility exercises while spending the bulk of their training time working on upper and lower body and core strength. It is highly recommend skaters train at least twice a week in order to ensure they can work on both lower and upper body workouts on separate days. The more one trains, the more opportunity the athlete has to use the necessary components for their sport for enhanced athletic development.

## **Independent Home Program Set-Up (2 Day Program):**

1. Two one-hour training sessions per week to be done at home.
2. Evaluation and teaching of exercises at the onset of the program.
3. New programs are sent via e-mail on a weekly basis (eventually you will be able to log-in on this page to get your new or amended program).
4. Recurring visits should be set-up for at least once every 8 to 12 weeks.
5. Additional visits can be set-up for an additional fee to review technique or programming.
6. Testing will be completed on the first visit and then again every 12 to 16 weeks.
7. Athlete will have e-mailing capability for any questions on pertaining to their program.

## **Independent Home Program Equipment Requirements:**

To get started, an Independent Home Program requires only minimal equipment. As the skater progresses more equipment is utilized based on the needs; however, this is dependent upon space and need for the equipment. When starting an Independent Home Program, the basic equipment needed is: dumbbells of varying weights, a stability ball and a flexband. Other equipment can be beneficial to a skater's home program, but not necessary such as: medicine balls, a barbell, and any other miscellaneous equipment. Please contact us before making any unnecessary purchases of additional strength training equipment.