

Disney ON ICE

Arm Workout

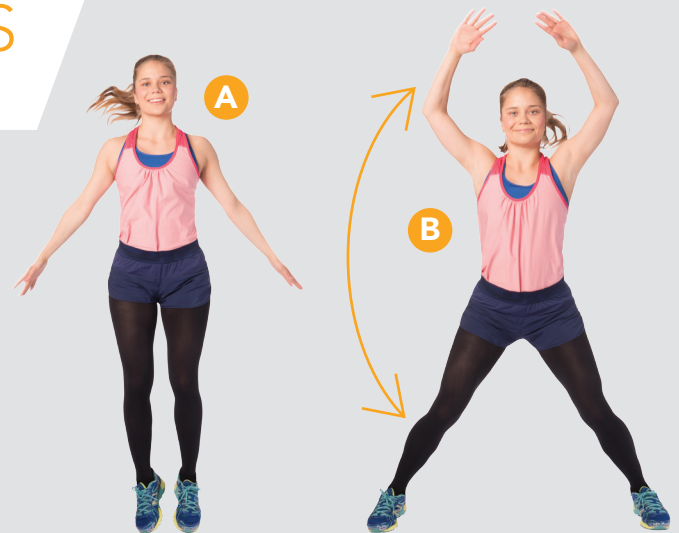
The Walt Disney Company and *Disney On Ice* want to inspire kids and their parents to lead healthy lifestyles. There's something special in discovering that a healthy lifestyle can be simple, fun, and rewarding. When you're eating right, staying active, and having fun, you discover that you feel great 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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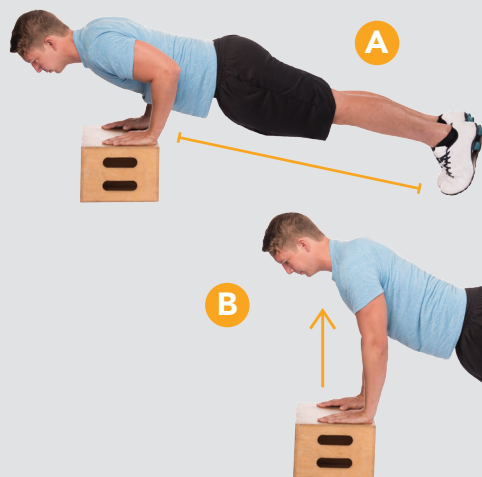
WARM UP: JUMPING JACKS (60 SECONDS)

Stand with your feet together and your hands by your side. In one motion, jump your feet out and raise your arms above your head. Immediately reverse the action, coming back to the starting position.



Disney On Ice performers require strong arms to execute various lifts throughout the show. Although figure skaters primarily use their legs, strong arms are needed for overall fitness and balance.

Complete the following two exercises to work your arms like a *Disney On Ice* performer.



1 INCLINE PUSH-UPS (15 REPS)

Place your hands on a secure piece of furniture, like a desk or dresser with your feet on the floor behind you in a push-up position. While keeping your core tight, slowly lower yourself down to the furniture's surface. Push back up to the starting position and repeat. The taller the piece of furniture, the easier the push-up will be. To make it harder, select a piece of furniture that is low to the ground.

2 LUGGAGE ROW (15 REPS EACH)

With your left foot on the floor, place your right knee on a chair. Hold an empty suitcase or a small carry-on in your left hand like a weight with your right arm pushing down on the chair. With a strong, flat back, row the luggage up to your chest and slowly lower it back down. Do not hunch or arch your back during this exercise. Repeat on the other side. To make it harder, place items in the suitcase in order to increase the weight.



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

COOL DOWN: SHOULDER STRETCH (60 SECONDS)

Put one arm across your chest. Grab your forearm with the opposite arm. Pull your arm until you feel your shoulder being stretched. If you feel that your chest is stretching instead of your shoulder, push the arm you are stretching the opposite way in order to contract the muscle. Repeat with opposite arm.

