



Short Track Speed Skating

Short track is a form of competitive speed skating consisting of multiple skaters racing for time on an oval ice track. Speed skaters can reach speeds close to 60 km/h using incredible leg and glute strength to propel themselves, impeccable balance to prevent from tipping, and strong cardiovascular fitness to maintain speed.

*Please advise the Wellness Centre Staff if any modifications are required

Short Track Workout of the Day

20 Bridges

2 Minutes of Cardio

30 Second Single Leg Bosu Balance

x3

