Station #1

Speed Skating

(10 arm swings)
Station #2

Figure Skating

(5 figure skating spins)
Station #3

Curling

(10 ice sweeping repetitions)
Station #4

Freestyle Skiing
(10 mogul jumping repetitions or hopping side to side)
Station #5

Ski Jumping

(2 repetitions of bending knees and jumping forward with sweeping arm swings)
Station #6

Cross Country

(8 long cross country gliding steps moving in a circle)