



## Description

The 3 mile mixer is ideally done where you have access to a track that is 1/4 mile. The players will start by jogging one lap and then doing the first exercise listed below. After they complete the first exercise they jog another lap, followed by the next exercise. The workout continues like this as outline below.

Exercise	Link to Video
<b>Skater Lunges</b> Jog 1/4 mile around track	<a href="https://www.icehockeysystems.com/off-ice-exercise/3565/striding-lunges">https://www.icehockeysystems.com/off-ice-exercise/3565/striding-lunges</a>
<b>Forward Falls</b> Jog 1/4 mile around track	<a href="https://www.icehockeysystems.com/off-ice-exercise/3565/forward-falls">https://www.icehockeysystems.com/off-ice-exercise/3565/forward-falls</a>
<b>Discus</b> Jog 1/4 mile around track	<a href="https://www.icehockeysystems.com/off-ice-exercise/3565/overhead-discuss">https://www.icehockeysystems.com/off-ice-exercise/3565/overhead-discuss</a>
<b>Jog 1/4 mile around track</b> Leg Switch	<a href="https://www.icehockeysystems.com/off-ice-exercise/3565/leg-switch-forward">https://www.icehockeysystems.com/off-ice-exercise/3565/leg-switch-forward</a>
<b>Jog 1/4 mile around track</b> Lunge Jumps	<a href="https://www.icehockeysystems.com/off-ice-exercise/3565/lunge-jumps">https://www.icehockeysystems.com/off-ice-exercise/3565/lunge-jumps</a>
<b>Jog 1/4 mile around track</b> Leg Circles	<a href="https://www.icehockeysystems.com/off-ice-exercise/3565/leg-circles">https://www.icehockeysystems.com/off-ice-exercise/3565/leg-circles</a>
<b>Jog 1/4 mile around track</b> Statics	<a href="https://www.icehockeysystems.com/off-ice-exercise/3565/statics">https://www.icehockeysystems.com/off-ice-exercise/3565/statics</a>
<b>Jog 1/4 mile around track</b> Knee to Chest	<a href="https://www.icehockeysystems.com/off-ice-exercise/3565/knee-chest">https://www.icehockeysystems.com/off-ice-exercise/3565/knee-chest</a>
<b>Jog 1/4 mile around track</b> In/Outs	<a href="https://www.icehockeysystems.com/off-ice-exercise/3565/and-outs">https://www.icehockeysystems.com/off-ice-exercise/3565/and-outs</a>
<b>Jog 1/4 mile around track</b> Wall Sits	<a href="https://www.icehockeysystems.com/off-ice-exercise/3565/wall-sits">https://www.icehockeysystems.com/off-ice-exercise/3565/wall-sits</a>
<b>Jog 1/4 mile around track</b> Stride and Cross-Under	<a href="https://www.icehockeysystems.com/off-ice-exercise/3565/fartlek-stride-cross-under">https://www.icehockeysystems.com/off-ice-exercise/3565/fartlek-stride-cross-under</a>
<b>Jog 1/4 mile around track</b> Down Time	<a href="https://www.icehockeysystems.com/off-ice-exercise/3565/down-time">https://www.icehockeysystems.com/off-ice-exercise/3565/down-time</a>