

# Spinner

**For practising spins and jumps!**

You'll save money on ice time and learn faster! Take your Spinner with you and practise, for instance, during warm-up before getting on ice.

Before starting, make sure that you have enough space. Use your Spinner on a hard, slippery and even surface free of sand and small stones. On a softer surface the speed of rotation will be slower. On your feet we recommend sneakers or indoor sport shoes.

At the beginning you may find it difficult to execute long spins, but with practice you will improve your straight body positions and feel more comfortable. You can practise any kind of spin on your Spinner: sit spin, camel spin, fast spin, layback spin and different kinds of combinations – spin forward and backward. With your Spinner you can also simulate three turns, brackets, counters, rockers and loops.

# 1

Place your foot on Spinner, toes toward the wide end (**Picture 1**).

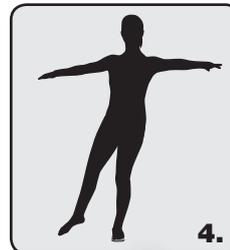


In this one foot spin position, you can rock on the curved base both longways (**Picture 2**) and sideways (**Picture 3**). Rock and experiment till you find your balance point.

# 2

# 3

Place your arms straight in level with shoulders, bend the leg standing on Spinner and place your other leg wide on the side. Start the spin by pushing from your leg standing on the floor (**Picture 4**) and spin until you stop (**Picture 5**).

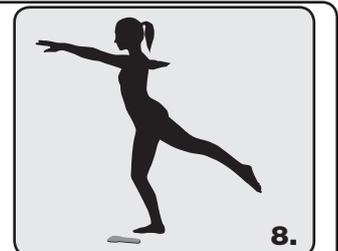


Place your other foot on Spinner and repeat steps 2 and 3, this time spinning backwards (**Picture 6**).

# 4

# 5

When you have found and learnt to control your balance point by doing the exercises above, you can add use of arms while you spin. Gradually pull in your arms (**Picture 7**) and finish your spin in landing position (**Picture 8**).



Now you can start experimenting with different positions – sit spin (**Picture 9**), camel spin (**Picture 10**), layback spins and their combinations backwards and forwards. For sit and camel spins your preparation stance should be wider.

# 6