

Players,

Below is a three day cycle workout with the fourth day of rest. A major part of the process of increasing your strength and conditioning is your diet. You should be eating a good pre-workout/skate meal about 30 minutes before, to include:

- Bananas
- Oat bars/ Whole Wheat Toast with Peanut Butter
- Filled Chicken
- Greek Yogurt
- Veggie Omelet
- Chocolate Milk

Post work/skate is as important if not more as the pre-workout meal. You should be consuming some of the following food within 30 minutes of your workout or on ice session, to include:

- Chicken / Sandwich with whole grain bread
- Dried Fruits
- Fish / Tuna
- Eggs
- Fruit Smoothies (Blend together Whey Protein yogurt or milk)
- Whey Protein Shake (this is one of the most important)
 - Its also easy to do a shake after you get off the ice, which I think you should be doing.

****All these workouts should be conducted with no more than 30 seconds to 1 minute rest between sets. Try and keep a high paced tempo.*

DAY 1:

Chest/Arms:

Dumbbell/Bench Press:

- | | |
|---------------------|-----------------------|
| • 50% of Max Weight | 6 reps |
| • 70% of Max Weight | 8-10 reps, 3 sets |
| • Max Weight | 4 reps min, goal is 6 |

Decline Bench or Decline Push-Ups:

- | | |
|---------------------|-----------------------|
| ○ 50% of Max Weight | 6 reps |
| ○ 70% of Max Weight | 8-10 reps, 3 sets |
| ○ Max Weight | 4 reps min, goal is 6 |

If you don't have a bench, then do the following sequence of decline push-ups (feet elevated and hands on the floor):

Set One:

- 12 regular
- 12 triangle
- 12 military (shoulders at side)
- 12 spread eagle (hands far apart)

Set Two:

- Complete the Set One to the max output for all four styles of push-ups

Set Three:

- Complete 8 for each of the above four styles

Dumbbell Raises Front then Side

- 3 sets of 12 (60% of max weight)

Triceps Dips – easy is hands elevated on something feet on the ground. Hard is hands and feet are elevated on two separate boxes and you dip in the void between.

- 3 sets of
- 1 set of max reps

***** Throw in at least one core to include Plank (30 sec holds) or Crunches to max**

*****And quarter mile sprint at about 70%**

**** Glute Bridges 5 X 8-10**

****Side Plank 5X 20 sec R&L**

Day Two:

Back

T bar bent over row:

- 3 Sets of 8
- 1 Set of max

Bar or dumbbell Deadlifts:

- 3 Sets of 8
- 1 Set of max

Bent over Fly

- 3 Sets of 8
- 1 Set max

***** Throw in at least two (2) core to include Plank (30 sec holds) or Crunches to max**

**** Glute Bridges 5 X 8-10**

****Side Plank 5X 20 sec R&L**

*****And two (2) quarter mile sprints at about 70%**

Day Three

Lower Body

Back Loaded Squats:

- 1 Set of 6
- 2 Sets of 4
- 1 Set of 6

Squats – Body Weight:

- Continues for (1) one minute
 - 30 Second break
- Continues for (2) two minutes
 - 1 minute break
- Continuous for (3) three minutes
 - 90 sec break

*****Repeat sequence twice**

Barbell Lunge:

- 1 set of 6
- 2 sets of 4
- 1 set of 6

Split Squat with Weight (one leg up and behind):

- 1 Set of 6
- 2 Sets of 4
- 1 Set of 6

Box Steps with Weight:

- 1 Set of 6
- 2 Sets of 4
- 1 Set of 6

Front loaded Squats:

- 1 Set of 6
- 2 Sets of 4
- 1 Set of 6

***** Throw in at least two (2) core to include Plank (30 sec holds) or Crunches to max**

**** Glute Bridges 5 X 8-10**

****Side Plank 5X 20 sec R&L**