

LDC Boys Hockey Weight Training Schedule

4 Sets X 6-8 reps for all exercises.

Monday

Bench Press
Incline Press
French Curls
Triceps Pressdowns
Abdominal work
Wrist Rolls

Wednesday

Squats
Leg Curls
Leg Extensions
Cleans
Lateral Side Kicks
Lunges
Abdominal work

Friday

Dumbbell press
Dumbbell flys
Lat. Pulldowns
Bicep curls
Lateral Deltoid raises
Dumbbell Squats
Walking Lunges
Abdominal work

***Stick push-ups and pull-ups on any day. Go 2 sets to max with those exercises.**

Remember to shoot pucks and work on plyos to get quicker. Jump Rope!

Stretch, stretch, stretch!

***Do this at the end of a work out.**

15 pushups
20 yard sprint
15 squat jumps
20 yard sprint back
25 pushups
30 yard sprint
Walking lunges back to start
30 yard sprint
1 minute jump rope

Perform one round of the circuit then rest for 2 minutes. Do the circuit another 3-7 times.