



Engaging in an off ice training program is the best way to get in great shape for hockey. Our 4 week training program is designed to help you reach your hockey training goals. Our hockey training program has been designed by training experts and contains hockey-specific exercises designed to help you target specific muscles used in hockey. Each workout is divided in 4 segments, each important to help you attain your goals;

- 1- Warm-Up (10-15 minutes)
- 2- Plyometrics/Speed Exercises (30 minutes)
- 3- Resistance Training/Power (30 minutes)
- 4- Cool Down (10-15 minutes)

Our training program will help you become a stronger, more explosive hockey player. Benefits of using this training program include: stronger more explosive muscles, increase in skating speed, increase in shot power, a stronger more balanced core, less chances of getting injured, and many more.



**Start training now and take your game to the next level!**

#### **Disclaimer**

The HockeyShot training program has been designed by the HockeyShot training expert's team and may not be suitable for everyone. Please consult your physician before engaging in any exercises listed in our training program. Please use caution when performing any exercises. If at any time during training you feel pain, dizziness or shortness of breath, stop immediately and consult your physician. HockeyShot assumes no liability if you choose to perform any of the exercises shown. Users do so at their own risk.

**DAY 1****WEEK 1&2****1 - WARM UP**

<b>EXERCISE</b>	<b>REPS</b>
<u>Arm Swings</u>	2 X 20
<u>Arm Circles</u>	2 X 20 (both sides)
<u>Cross Crawls</u>	2 X 20
<u>Trunk Rotations</u>	2 X 20
<u>Walking Lunges</u>	2 X 15
<u>Leg Swings</u>	2 X 20
<u>Skip and Rope</u>	4 X 60 seconds

**2 - PLYOMETRICS**

<b>EXERCISE</b>	<b>REPS</b>
<u>Spring Jumps</u>	2 X 15
<u>Side to Side Jumps</u>	2 X 30 seconds
<u>Short Sprints</u>	6 X 5 cones
<u>1 Foot Square Hop</u>	2 X 30 seconds (each leg)
<u>Leg Trainer - Skating Continuous</u>	2 X 15 seconds
<u>5 Cone Drill</u>	4 X 5 cones

**3 - RESISTANCE TRAINING**

<b>EXERCISE</b>	<b>REPS</b>
<u>Leg Trainer - Skating Push</u>	2 X 20
<u>Leg Trainer - Side Push</u>	2 X 20
<u>Power Builder - Snap</u>	2 X 20
<u>Tricep Push</u>	2 X 15
<u>Bicep Pull</u>	2 X 15
<u>Push Ups</u>	2 X 25
<u>ABS - 3 Way Crunches</u>	2 X 15
<u>Superman</u>	2 X 15

**4 - COOL DOWN**

<b>EXERCISE</b>	<b>REPS</b>
<u>Standing Quad Stretch</u>	2 X 30-45 seconds
<u>Seated Hamstrings</u>	2 X 30-45 seconds
<u>Standing Calves</u>	2 X 30-45 seconds
<u>Hip Flexor</u>	2 X 30-45 seconds
<u>Seated Groins</u>	2 X 30-45 seconds
<u>Wrist Flexors</u>	2 X 30-45 seconds
<u>Shoulder Stretch</u>	2 X 30-45 seconds

**5 - OFF ICE SHOOTING**

<b>EXERCISE</b>	<b>REPS</b>
<u>Off ice shooting</u>	15-30 minutes

**DAY 2****WEEK 1&2****1 - WARM UP**

<b>EXERCISE</b>	<b>REPS</b>
<u>Arm Swings</u>	2 X 20
<u>Arm Circles</u>	2 X 20 (both sides)
<u>Medicine Ball Toss</u>	2 X 20 throws
<u>Trunk Twists</u>	2 X 20
<u>Prisoner Squats</u>	2 X 15
<u>Leg Swings</u>	2 X 20
<u>Jumping Knee Raises</u>	2 X 15
<u>Light Jog</u>	10 minutes

**2 - PLYOMETRICS**

<b>EXERCISE</b>	<b>REPS</b>
<u>Fast Crossover Shuffle</u>	4 X 20-30ft
<u>Backward Stride</u>	4 X 20-30ft
<u>Squat Jumps Continuous</u>	2 X 15
<u>Lateral Skating Jumps</u>	2 X 20
<u>Side to Side Hop - 1 Foot</u>	2 X 40
<u>Leg Trainer - Skating Continuous</u>	2 X 15 seconds

**3 - RESISTANCE TRAINING**

<b>EXERCISE</b>	<b>REPS</b>
<u>Leg Trainer - Front Push</u>	2 X 20
<u>Leg Trainer - Inner Pull</u>	2 X 20
<u>Power Builder - Slap</u>	2 X 20
<u>Power Builder - Backhand</u>	2 X 20
<u>Back Push</u>	2 X 15
<u>Chest Push</u>	2 X 15
<u>Medicine Ball Lunge</u>	2 X 15
<u>Medecine Ball Abs</u>	2 X 15
<u>Medicine Ball Side Core Twist</u>	2 X 10

**4 - COOL DOWN**

<b>EXERCISE</b>	<b>REPS</b>
<u>Lower Body and Hips</u>	2 X 30-45 seconds
<u>Seated Hamstrings</u>	2 X 30-45 seconds
<u>Standing Calves</u>	2 X 30-45 seconds
<u>Hip Rotators</u>	2 X 30-45 seconds
<u>Seated Groins</u>	2 X 30-45 seconds
<u>Wrist Extensors</u>	2 X 30-45 seconds
<u>Elbow Pull Back</u>	2 X 30-45 seconds

**5 - OFF ICE SHOOTING**

<b>EXERCISE</b>	<b>REPS</b>
<u>Off ice shooting</u>	15-30 minutes

## WEEK 1&amp;2

**DAY OFF** - Engage in another sport or activity such as: Tennis, basketball, soccer, football, biking, etc..

We also recommend that you practice your shooting skills for 15-30 minutes using the HockeyShot Shooting System.

## NEW PUCK RETURN SYSTEM



## HOCKEYSHOT SHOOTING SYSTEM

- Improve shooting accuracy, power and quicker shot release.
- Practice wrist shots, snap shots and backhand shots.
- 100 shots in 10-15 minutes.
- Excellent puck return. No more damaged walls!
- Shooting distance of up to 20 feet.
- Use of a real hockey puck equipped with glides
- Durable quality product (made to last several years).

## WEEK 1&amp;2

## 1 - WARM UP

EXERCISE	REPS
Arm Swings	2 X 20
<u>Arm Circles</u>	2 X 20 (both sides)
<u>Cross Crawls</u>	2 X 20
<u>Trunk Rotations</u>	2 X 20
<u>Walking Lunges</u>	2 X 15
<u>Leg Swings</u>	2 X 20
<u>Jumping Ankle Taps</u>	2 X 15
<u>Skip and Rope</u>	4 X 60 seconds

## 2 - PLYOMETRICS

EXERCISE	REPS
<u>Step Over Shuffle</u>	4 X 20-30ft
<u>Side to Side Jumps</u>	2 X 30 seconds
<u>Squat Tuck Jumps</u>	4 X 6 jumps
<u>Skipping Bounds</u>	4 X 6 jumps
<u>Split Jumps</u>	4 X 6 jumps
<u>Lines Conditioning Drill</u>	4 X 5 lines
<u>Stutter Steps</u>	2 X 20 Seconds
<u>1 Leg Stick Handling Drill</u>	3 X 20 seconds

## 3 - RESISTANCE TRAINING

EXERCISE	REPS
<u>Leg Trainer - Skating Push</u>	2 X 20
<u>Leg Trainer - Side Push</u>	2 X 20
<u>Power Builder - Snap</u>	2 X 20
<u>Power Builder - Backhand</u>	2 X 20
<u>Bicep Pull</u>	2 X 15
<u>Tricep Push</u>	2 X 15
<u>Push Ups</u>	2 X 25
<u>ABS - 3 Way Crunches</u>	2 X 15
<u>Leg Raise Toe Touches</u>	2 X 15

## 4 - COOL DOWN

EXERCISE	REPS
<u>Standing Quad Stretch</u>	2 X 30-45 seconds
<u>Seated Hamstrings</u>	2 X 30-45 seconds
<u>Standing Calves</u>	2 X 30-45 seconds
<u>Hip Flexor</u>	2 X 30-45 seconds
<u>Seated Groins</u>	2 X 30-45 seconds
<u>Wrist Flexors</u>	2 X 30-45 seconds
<u>Shoulder Stretch</u>	2 X 30-45 seconds

## 5 - OFF ICE SHOOTING

EXERCISE	REPS
<u>Off ice shooting</u>	15-30 minutes

**DAY 5****WEEK 1&2****1 - WARM UP**

EXERCISE	REPS
<u>Arm Swings</u>	2 X 20
<u>Arm Circles</u>	2 X 20 (both sides)
<u>Medicine Ball Toss</u>	2 X 20 throws
<u>Trunk Twists</u>	2 X 20
<u>Prisoner Squats</u>	2 X 15
<u>Leg Swings</u>	2 X 20
<u>Jumping Knee Raises</u>	2 X 15
<u>Light Jog</u>	10 minutes

**2 - PLYOMETRICS**

EXERCISE	REPS
<u>Fast Crossover Shuffle</u>	4 X 20-30ft
<u>Backward Stride</u>	4 X 20-30ft
<u>Squat Jumps Continuous</u>	2 X 15
<u>Lateral Skating Jumps</u>	2 X 20
<u>Side to Side Hop - 1 Foot</u>	2 X 40
<u>5 Cone Drill</u>	4 X 5 cones
<u>Leg Trainer - Skating Continuous</u>	2 X 15 seconds

**3 - RESISTANCE TRAINING**

EXERCISE	REPS
<u>Leg Trainer - Front Push</u>	2 X 20
<u>Leg Trainer - Inner Pull</u>	2 X 20
<u>Power Builder - Slap</u>	2 X 20
<u>Power Builder - Backhand</u>	2 X 20
<u>Back Push</u>	2 X 15
<u>Chest Push</u>	2 X 15
<u>Medicine Ball Lunge</u>	2 X 15
<u>Medicine Ball Abs</u>	2 X 15
<u>Medicine Ball Side Core Twist</u>	2 X 10

**4 - COOL DOWN**

EXERCISE	REPS
<u>Lower Body and Hips</u>	2 X 30-45 seconds
<u>Seated Hamstrings</u>	2 X 30-45 seconds
<u>Standing Calves</u>	2 X 30-45 seconds
<u>Hip Rotators</u>	2 X 30-45 seconds
<u>Seated Groins</u>	2 X 30-45 seconds
<u>Wrist Extensors</u>	2 X 30-45 seconds
<u>Elbow Pull Back</u>	2 X 30-45 seconds

**5 - OFF ICE SHOOTING**

EXERCISE	REPS
<u>Off ice shooting</u>	15-30 minutes

**DAY 6****WEEK 1&2**

**DAY OFF** - Engage in another sport or activity such as: Tennis, basketball, soccer, football, biking, etc..

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**NEW PUCK RETURN SYSTEM****HOCKEYSHOT SHOOTING SYSTEM**

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**DAY 7****WEEK 1&2**

**DAY OFF** - Relax and rest to get your body ready for next week's work out load.

**DAY 8****WEEK 1&2****1 - WARM UP**

<b>EXERCISE</b>	<b>REPS</b>
<u>Arm Swings</u>	2 X 20
<u>Arm Circles</u>	2 X 20 (both sides)
<u>Cross Crawls</u>	2 X 20
<u>Trunk Rotations</u>	2 X 20
<u>Walking Lunges</u>	2 X 15
<u>Leg Swings</u>	2 X 20
<u>Skip and Rope</u>	4 X 60 seconds

**2 - PLYOMETRICS**

<b>EXERCISE</b>	<b>REPS</b>
<u>Spring Jumps</u>	2 X 15
<u>Side to Side Jumps</u>	2 X 30 seconds
<u>Short Sprints</u>	6 X 5 cones
<u>1 Foot Square Hop</u>	2 X 30 seconds (each leg)
<u>Leg Trainer - Skating Continuous</u>	2 X 15 seconds
<u>5 Cone Drill</u>	4 X 5 cones

**3 - RESISTANCE TRAINING**

<b>EXERCISE</b>	<b>REPS</b>
<u>Leg Trainer - Skating Push</u>	2 X 20
<u>Leg Trainer - Side Push</u>	2 X 20
<u>Power Builder - Snap</u>	2 X 20
<u>Tricep Push</u>	2 X 15
<u>Bicep Pull</u>	2 X 15
<u>Push Ups</u>	2 X 25
<u>ABS - 3 Way Crunches</u>	2 X 15
<u>Superman</u>	2 X 15

**4 - COOL DOWN**

<b>EXERCISE</b>	<b>REPS</b>
<u>Standing Quad Stretch</u>	2 X 30-45 seconds
<u>Seated Hamstrings</u>	2 X 30-45 seconds
<u>Standing Calves</u>	2 X 30-45 seconds
<u>Hip Flexor</u>	2 X 30-45 seconds
<u>Seated Groins</u>	2 X 30-45 seconds
<u>Wrist Flexors</u>	2 X 30-45 seconds
<u>Shoulder Stretch</u>	2 X 30-45 seconds

**5 - OFF ICE SHOOTING**

<b>EXERCISE</b>	<b>REPS</b>
<u>Off ice shooting</u>	15-30 minutes

**DAY 9****WEEK 1&2****1 - WARM UP**

<b>EXERCISE</b>	<b>REPS</b>
<u>Arm Swings</u>	2 X 20
<u>Arm Circles</u>	2 X 20 (both sides)
<u>Medicine Ball Toss</u>	2 X 20 throws
<u>Trunk Twists</u>	2 X 20
<u>Prisoner Squats</u>	2 X 15
<u>Leg Swings</u>	2 X 20
<u>Jumping Knee Raises</u>	2 X 15
<u>Light Jog</u>	10 minutes

**2 - PLYOMETRICS**

<b>EXERCISE</b>	<b>REPS</b>
<u>Fast Crossover Shuffle</u>	4 X 20-30ft
<u>Backward Stride</u>	4 X 20-30ft
<u>Squat Jumps Continuous</u>	2 X 15
<u>Lateral Skating Jumps</u>	2 X 20
<u>Side to Side Hop - 1 Foot</u>	2 X 40
<u>Leg Trainer - Skating Continuous</u>	2 X 15 seconds

**3 - RESISTANCE TRAINING**

<b>EXERCISE</b>	<b>REPS</b>
<u>Leg Trainer - Front Push</u>	2 X 20
<u>Leg Trainer - Inner Pull</u>	2 X 20
<u>Power Builder - Slap</u>	2 X 20
<u>Power Builder - Backhand</u>	2 X 20
<u>Back Push</u>	2 X 15
<u>Chest Push</u>	2 X 15
<u>Medicine Ball Lunge</u>	2 X 15
<u>Medecine Ball Abs</u>	2 X 15
<u>Medicine Ball Side Core Twist</u>	2 X 10

**4 - COOL DOWN**

<b>EXERCISE</b>	<b>REPS</b>
<u>Lower Body and Hips</u>	2 X 30-45 seconds
<u>Seated Hamstrings</u>	2 X 30-45 seconds
<u>Standing Calves</u>	2 X 30-45 seconds
<u>Hip Rotators</u>	2 X 30-45 seconds
<u>Seated Groins</u>	2 X 30-45 seconds
<u>Wrist Extensors</u>	2 X 30-45 seconds
<u>Elbow Pull Back</u>	2 X 30-45 seconds

**5 - OFF ICE SHOOTING**

<b>EXERCISE</b>	<b>REPS</b>
<u>Off ice shooting</u>	15-30 minutes

## DAY 10

### WEEK 1&2

**DAY OFF** - Engage in another sport or activity such as: Tennis, basketball, soccer, football, biking, etc..

We also recommend that you practice your shooting skills for 15-30 minutes using the HockeyShot Shooting System.

#### NEW PUCK RETURN SYSTEM



#### **HOCKEYSHOT SHOOTING SYSTEM**

- Improve shooting accuracy, power and quicker shot release.
- Practice wrist shots, snap shots and backhand shots.
- 100 shots in 10-15 minutes.
- Excellent puck return. No more damaged walls!
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## DAY 11

### WEEK 1&2

#### 1 - WARM UP

EXERCISE	REPS
<u>Arm Swings</u>	2 X 20
<u>Arm Circles</u>	2 X 20 (both sides)
<u>Cross Crawls</u>	2 X 20
<u>Trunk Rotations</u>	2 X 20
<u>Walking Lunges</u>	2 X 15
<u>Leg Swings</u>	2 X 20
<u>Jumping Ankle Taps</u>	2 X 15
<u>Skip and Rope</u>	4 X 60 seconds

#### 2 - PLYOMETRICS

EXERCISE	REPS
<u>Step Over Shuffle</u>	4 X 20-30ft
<u>Side to Side Jumps</u>	2 X 30 seconds
<u>Squat Tuck Jumps</u>	4 X 6 jumps
<u>Skipping Bounds</u>	4 X 6 jumps
<u>Split Jumps</u>	4 X 6 jumps
<u>Lines Conditioning Drill</u>	4 X 5 lines
<u>Stutter Steps</u>	2 X 20 Seconds
<u>1 Leg Stick Handling Drill</u>	3 X 20 seconds

#### 3 - RESISTANCE TRAINING

EXERCISE	REPS
<u>Leg Trainer - Skating Push</u>	2 X 20
<u>Leg Trainer - Side Push</u>	2 X 20
<u>Power Builder - Snap</u>	2 X 20
<u>Power Builder - Backhand</u>	2 X 20
<u>Bicep Pull</u>	2 X 15
<u>Tricep Push</u>	2 X 15
<u>Push Ups</u>	2 X 25
<u>ABS - 3 Way Crunches</u>	2 X 15
<u>Leg Raise Toe Touches</u>	2 X 15

#### 4 - COOL DOWN

EXERCISE	REPS
<u>Standing Quad Stretch</u>	2 X 30-45 seconds
<u>Seated Hamstrings</u>	2 X 30-45 seconds
<u>Standing Calves</u>	2 X 30-45 seconds
<u>Hip Flexor</u>	2 X 30-45 seconds
<u>Seated Groins</u>	2 X 30-45 seconds
<u>Wrist Flexors</u>	2 X 30-45 seconds
<u>Shoulder Stretch</u>	2 X 30-45 seconds

#### 5 - OFF ICE SHOOTING

EXERCISE	REPS
<u>Off ice shooting</u>	15-30 minutes

**DAY 12****WEEK 1&2****1 - WARM UP**

EXERCISE	REPS
<u>Arm Swings</u>	2 X 20
<u>Arm Circles</u>	2 X 20 (both sides)
<u>Medicine Ball Toss</u>	2 X 20 throws
<u>Trunk Twists</u>	2 X 20
<u>Prisoner Squats</u>	2 X 15
<u>Leg Swings</u>	2 X 20
<u>Jumping Knee Raises</u>	2 X 15
<u>Light Jog</u>	10 minutes

**2 - PLYOMETRICS**

EXERCISE	REPS
<u>Fast Crossover Shuffle</u>	4 X 20-30ft
<u>Backward Stride</u>	4 X 20-30ft
<u>Squat Jumps Continuous</u>	2 X 15
<u>Lateral Skating Jumps</u>	2 X 20
<u>Side to Side Hop - 1 Foot</u>	2 X 40
<u>5 Cone Drill</u>	4 X 5 cones
<u>Leg Trainer - Skating Continuous</u>	2 X 15 seconds

**3 - RESISTANCE TRAINING**

EXERCISE	REPS
<u>Leg Trainer - Front Push</u>	2 X 20
<u>Leg Trainer - Inner Pull</u>	2 X 20
<u>Power Builder - Slap</u>	2 X 20
<u>Power Builder - Backhand</u>	2 X 20
<u>Back Push</u>	2 X 15
<u>Chest Push</u>	2 X 15
<u>Medicine Ball Lunge</u>	2 X 15
<u>Medicine Ball Abs</u>	2 X 15
<u>Medicine Ball Side Core Twist</u>	2 X 10

**4 - COOL DOWN**

EXERCISE	REPS
<u>Lower Body and Hips</u>	2 X 30-45 seconds
<u>Seated Hamstrings</u>	2 X 30-45 seconds
<u>Standing Calves</u>	2 X 30-45 seconds
<u>Hip Rotators</u>	2 X 30-45 seconds
<u>Seated Groins</u>	2 X 30-45 seconds
<u>Wrist Extensors</u>	2 X 30-45 seconds
<u>Elbow Pull Back</u>	2 X 30-45 seconds

**5 - OFF ICE SHOOTING**

EXERCISE	REPS
<u>Off ice shooting</u>	15-30 minutes

**DAY 13****WEEK 1&2**

**DAY OFF** - Engage in another sport or activity such as: Tennis, basketball, soccer, football, biking, etc..

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**DAY 14****WEEK 1&2**

**DAY OFF** - Relax and rest to get your body ready for next week's work out load.

**DAY 15**

**WEEK 3&4**

**1 - WARM UP**

<b>EXERCISE</b>	<b>REPS</b>
Arm Swings	3 X 20
<u>Arm Circles</u>	2 X 20 (both sides)
<u>Cross Crawls</u>	2 X 20
<u>Trunk Rotations</u>	2 X 20
<u>Walking Lunges</u>	2 X 15
<u>Leg Swings</u>	3 X 20
<u>Skip and Rope</u>	5 X 60 seconds

**2 - PLYOMETRICS**

<b>EXERCISE</b>	<b>REPS</b>
<u>Spring Jumps</u>	3 X 15
<u>Side to Side Jumps</u>	4 X 30 seconds
<u>Short Sprints</u>	6 X 5 cones
<u>1 Foot Square Hop</u>	3 X 30 seconds (each leg)
<u>Leg Trainer - Skating Continuous</u>	3 X 25 seconds
<u>5 Cone Drill</u>	6 X 5 cones

**3 - RESISTANCE TRAINING**

<b>EXERCISE</b>	<b>REPS</b>
<u>Leg Trainer - Skating Push</u>	3 X 20
<u>Leg Trainer - Side Push</u>	3 X 20
<u>Power Builder - Snap</u>	3 X 20
<u>Tricep Push</u>	3 X 15
<u>Bicep Pull</u>	3 X 15
<u>Push Ups</u>	3 X 25
<u>ABS - 3 Way Crunches</u>	3 X 15
<u>Superman</u>	3 X 15

**4 - COOL DOWN**

<b>EXERCISE</b>	<b>REPS</b>
<u>Standing Quad Stretch</u>	2 X 30-45 seconds
<u>Seated Hamstrings</u>	2 X 30-45 seconds
<u>Standing Calves</u>	2 X 30-45 seconds
<u>Hip Flexor</u>	2 X 30-45 seconds
<u>Seated Groins</u>	2 X 30-45 seconds
<u>Wrist Flexors</u>	2 X 30-45 seconds
<u>Shoulder Stretch</u>	2 X 30-45 seconds

**5 - OFF ICE SHOOTING**

<b>EXERCISE</b>	<b>REPS</b>
<u>Off ice shooting</u>	15-30 minutes

**DAY 16**

**WEEK 3&4**

**1 - WARM UP**

<b>EXERCISE</b>	<b>REPS</b>
Arm Swings	3 X 20
<u>Arm Circles</u>	2 X 20 (both sides)
<u>Medicine Ball Toss</u>	2 X 20 throws
<u>Trunk Twists</u>	2 X 20
<u>Prisoner Squats</u>	2 X 15
<u>Leg Swings</u>	3 X 20
<u>Jumping Knee Raises</u>	2 X 15
<u>Light Jog</u>	12 minutes

**2 - PLYOMETRICS**

<b>EXERCISE</b>	<b>REPS</b>
<u>Fast Crossover Shuffle</u>	6 X 20-30ft
<u>Backward Stride</u>	6 X 20-30ft
<u>Squat Jumps Continuous</u>	3 X 15
<u>Lateral Skating Jumps</u>	3 X 20
<u>Side to Side Hop - 1 Foot</u>	3 X 40
<u>Leg Trainer - Skating Continuous</u>	3 X 25 seconds

**3 - RESISTANCE TRAINING**

<b>EXERCISE</b>	<b>REPS</b>
<u>Leg Trainer - Front Push</u>	3 X 20
<u>Leg Trainer - Inner Pull</u>	3 X 20
<u>Power Builder - Slap</u>	3 X 20
<u>Power Builder - Backhand</u>	3 X 20
<u>Back Push</u>	3 X 15
<u>Chest Push</u>	3 X 15
<u>Medicine Ball Lunge</u>	3 X 15
<u>Medicine Ball Abs</u>	3 X 15
<u>Medicine Ball Side Core Twist</u>	3 X 10

**4 - COOL DOWN**

<b>EXERCISE</b>	<b>REPS</b>
<u>Lower Body and Hips</u>	2 X 30-45 seconds
<u>Seated Hamstrings</u>	2 X 30-45 seconds
<u>Standing Calves</u>	2 X 30-45 seconds
<u>Hip Rotators</u>	2 X 30-45 seconds
<u>Seated Groins</u>	2 X 30-45 seconds
<u>Wrist Extensors</u>	2 X 30-45 seconds
<u>Elbow Pull Back</u>	2 X 30-45 seconds

**5 - OFF ICE SHOOTING**

<b>EXERCISE</b>	<b>REPS</b>
<u>Off ice shooting</u>	15-30 minutes



**WEEK 3&4**

**DAY OFF** - Engage in another sport or activity such as: Tennis, basketball, soccer, football, biking, etc..

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**WEEK 3&4**

**1 - WARM UP**

<b>EXERCISE</b>	<b>REPS</b>
<u>Arm Swings</u>	3 X 20
<u>Arm Circles</u>	2 X 20 (both sides)
<u>Cross Crawls</u>	2 X 20
<u>Trunk Rotations</u>	2 X 20
<u>Walking Lunges</u>	2 X 15
<u>Leg Swings</u>	3 X 20
<u>Jumping Ankle Taps</u>	2 X 15
<u>Skip and Rope</u>	5 X 60 seconds

**2 - PLYOMETRICS**

<b>EXERCISE</b>	<b>REPS</b>
<u>Step Over Shuffle</u>	5 X 20-30ft
<u>Side to Side Jumps</u>	4 X 30 seconds
<u>Squat Tuck Jumps</u>	5 X 6 jumps
<u>Skipping Bounds</u>	5 X 6 jumps
<u>Split Jumps</u>	5 X 6 jumps
<u>Lines Conditioning Drill</u>	5 X 5 lines
<u>Stutter Steps</u>	3 X 20 seconds
<u>1 Leg Stick Handling Drill</u>	4 X 20 seconds

**3 - RESISTANCE TRAINING**

<b>EXERCISE</b>	<b>REPS</b>
<u>Leg Trainer - Skating Push</u>	3 X 20
<u>Leg Trainer - Side Push</u>	3 X 20
<u>Power Builder - Snap</u>	3 X 20
<u>Power Builder - Backhand</u>	3 X 20
<u>Bicep Pull</u>	3 X 15
<u>Tricep Push</u>	3 X 15
<u>Push Ups</u>	3 X 25
<u>ABS - 3 Way Crunches</u>	3 X 15
<u>Leg Raise Toe Touches</u>	3 X 15

**4 - COOL DOWN**

<b>EXERCISE</b>	<b>REPS</b>
<u>Standing Quad Stretch</u>	2 X 30-45 seconds
<u>Seated Hamstrings</u>	2 X 30-45 seconds
<u>Standing Calves</u>	2 X 30-45 seconds
<u>Hip Flexor</u>	2 X 30-45 seconds
<u>Seated Groins</u>	2 X 30-45 seconds
<u>Wrist Flexors</u>	2 X 30-45 seconds
<u>Shoulder Stretch</u>	2 X 30-45 seconds

**5 - OFF ICE SHOOTING**

<b>EXERCISE</b>	<b>REPS</b>
<u>Off ice shooting</u>	15-30 minutes

**DAY 19****WEEK 3&4****1 - WARM UP**

EXERCISE	REPS
<u>Arm Swings</u>	3 X 20
<u>Arm Circles</u>	2 X 20 (both sides)
<u>Medicine Ball Toss</u>	2 X 20 throws
<u>Trunk Twists</u>	2 X 20
<u>Prisoner Squats</u>	2 X 15
<u>Leg Swings</u>	3 X 20
<u>Jumping Knee Raises</u>	2 X 15
<u>Light Jog</u>	12 minutes

**2 - PLYOMETRICS**

EXERCISE	REPS
<u>Fast Crossover Shuffle</u>	5 X 20-30ft
<u>Backward Stride</u>	5 X 20-30ft
<u>Squat Jumps Continuous</u>	3 X 15
<u>Lateral Skating Jumps</u>	3 X 20
<u>Side to Side Hop - 1 Foot</u>	3 X 40
<u>5 Cone Drill</u>	6 X 5 cones
<u>Leg Trainer - Skating Continuous</u>	3 X 25 seconds

**3 - RESISTANCE TRAINING**

EXERCISE	REPS
<u>Leg Trainer - Front Push</u>	3 X 20
<u>Leg Trainer - Inner Pull</u>	3 X 20
<u>Power Builder - Slap</u>	3 X 20
<u>Power Builder - Backhand</u>	3 X 20
<u>Back Push</u>	3 X 15
<u>Chest Push</u>	3 X 15
<u>Medicine Ball Lunge</u>	3 X 15
<u>Medicine Ball Abs</u>	3 X 15
<u>Medicine Ball Side Core Twist</u>	3 X 10

**4 - COOL DOWN**

EXERCISE	REPS
<u>Lower Body and Hips</u>	2 X 30-45 seconds
<u>Seated Hamstrings</u>	2 X 30-45 seconds
<u>Standing Calves</u>	2 X 30-45 seconds
<u>Hip Rotators</u>	2 X 30-45 seconds
<u>Seated Groins</u>	2 X 30-45 seconds
<u>Wrist Extensors</u>	2 X 30-45 seconds
<u>Elbow Pull Back</u>	2 X 30-45 seconds

**5 - OFF ICE SHOOTING**

EXERCISE	REPS
<u>Off ice shooting</u>	15-30 minutes

**DAY 20****WEEK 3&4**

**DAY OFF** - Engage in another sport or activity such as: Tennis, basketball, soccer, football, biking, etc..

We also recommend that you practice your shooting skills for 15-30 minutes using the HockeyShot Shooting System.

**NEW PUCK RETURN SYSTEM****HOCKEYSHOT SHOOTING SYSTEM**

- Improve shooting accuracy, power and quicker shot release.
- Practice wrist shots, snap shots and backhand shots.
- 100 shots in 10-15 minutes.
- Excellent puck return. No more damaged walls!
- Shooting distance of up to 20 feet.
- Use of a real hockey puck equipped with glides
- Durable quality product (made to last several years).

**DAY 21****WEEK 3&4**

**DAY OFF** - Relax and rest to get your body ready for next week's work out load.

**DAY 22**

**WEEK 3&4**

**1 - WARM UP**

<b>EXERCISE</b>	<b>REPS</b>
<u>Arm Swings</u>	3 X 20
<u>Arm Circles</u>	2 X 20 (both sides)
<u>Cross Crawls</u>	2 X 20
<u>Trunk Rotations</u>	2 X 20
<u>Walking Lunges</u>	2 X 15
<u>Leg Swings</u>	3 X 20
<u>Skip and Rope</u>	5 X 60 seconds

**2 - PLYOMETRICS**

<b>EXERCISE</b>	<b>REPS</b>
<u>Spring Jumps</u>	3 X 15
<u>Side to Side Jumps</u>	4 X 30 seconds
<u>Short Sprints</u>	6 X 5 cones
<u>1 Foot Square Hop</u>	3 X 30 seconds (each leg)
<u>Leg Trainer - Skating Continuous</u>	3 X 25 seconds
<u>5 Cone Drill</u>	6 X 5 cones

**3 - RESISTANCE TRAINING**

<b>EXERCISE</b>	<b>REPS</b>
<u>Leg Trainer - Skating Push</u>	3 X 20
<u>Leg Trainer - Side Push</u>	3 X 20
<u>Power Builder - Snap</u>	3 X 20
<u>Tricep Push</u>	3 X 15
<u>Bicep Pull</u>	3 X 15
<u>Push Ups</u>	3 X 25
<u>ABS - 3 Way Crunches</u>	3 X 15
<u>Superman</u>	3 X 15

**4 - COOL DOWN**

<b>EXERCISE</b>	<b>REPS</b>
<u>Standing Quad Stretch</u>	2 X 30-45 seconds
<u>Seated Hamstrings</u>	2 X 30-45 seconds
<u>Standing Calves</u>	2 X 30-45 seconds
<u>Hip Flexor</u>	2 X 30-45 seconds
<u>Seated Groins</u>	2 X 30-45 seconds
<u>Wrist Flexors</u>	2 X 30-45 seconds
<u>Shoulder Stretch</u>	2 X 30-45 seconds

**5 - OFF ICE SHOOTING**

<b>EXERCISE</b>	<b>REPS</b>
<u>Off ice shooting</u>	15-30 minutes

**DAY 23**

**WEEK 3&4**

**1 - WARM UP**

<b>EXERCISE</b>	<b>REPS</b>
<u>Arm Swings</u>	3 X 20
<u>Arm Circles</u>	2 X 20 (both sides)
<u>Medicine Ball Toss</u>	2 X 20 throws
<u>Trunk Twists</u>	2 X 20
<u>Prisoner Squats</u>	2 X 15
<u>Leg Swings</u>	3 X 20
<u>Jumping Knee Raises</u>	2 X 15
<u>Light Jog</u>	12 minutes

**2 - PLYOMETRICS**

<b>EXERCISE</b>	<b>REPS</b>
<u>Fast Crossover Shuffle</u>	6 X 20-30ft
<u>Backward Stride</u>	6 X 20-30ft
<u>Squat Jumps Continuous</u>	3 X 15
<u>Lateral Skating Jumps</u>	3 X 20
<u>Side to Side Hop - 1 Foot</u>	3 X 40
<u>Leg Trainer - Skating Continuous</u>	3 X 25 seconds

**3 - RESISTANCE TRAINING**

<b>EXERCISE</b>	<b>REPS</b>
<u>Leg Trainer - Front Push</u>	3 X 20
<u>Leg Trainer - Inner Pull</u>	3 X 20
<u>Power Builder - Slap</u>	3 X 20
<u>Power Builder - Backhand</u>	3 X 20
<u>Back Push</u>	3 X 15
<u>Chest Push</u>	3 X 15
<u>Medicine Ball Lunge</u>	3 X 15
<u>Medicine Ball Abs</u>	3 X 15
<u>Medicine Ball Side Core Twist</u>	3 X 10

**4 - COOL DOWN**

<b>EXERCISE</b>	<b>REPS</b>
<u>Lower Body and Hips</u>	2 X 30-45 seconds
<u>Seated Hamstrings</u>	2 X 30-45 seconds
<u>Standing Calves</u>	2 X 30-45 seconds
<u>Hip Rotators</u>	2 X 30-45 seconds
<u>Seated Groins</u>	2 X 30-45 seconds
<u>Wrist Extensors</u>	2 X 30-45 seconds
<u>Elbow Pull Back</u>	2 X 30-45 seconds

**5 - OFF ICE SHOOTING**

<b>EXERCISE</b>	<b>REPS</b>
<u>Off ice shooting</u>	15-30 minutes

## DAY 24

# WEEK 3&4

**DAY OFF** - Engage in another sport or activity such as: Tennis, basketball, soccer, football, biking, etc..

We also recommend that you practice your shooting skills for 15-30 minutes using the HockeyShot Shooting System.

### NEW PUCK RETURN SYSTEM



### **HOCKEYSHOT SHOOTING SYSTEM**

- Improve shooting accuracy, power and quicker shot release.
- Practice wrist shots, snap shots and backhand shots.
- 100 shots in 10-15 minutes.
- Excellent puck return. No more damaged walls!
- Shooting distance of up to 20 feet.
- Use of a real hockey puck equipped with glides
- Durable quality product (made to last several years).

## DAY 25

# WEEK 3&4

### 1 - WARM UP

EXERCISE	REPS
Arm Swings	3 X 20
<u>Arm Circles</u>	2 X 20 (both sides)
<u>Cross Crawls</u>	2 X 20
<u>Trunk Rotations</u>	2 X 20
<u>Walking Lunges</u>	2 X 15
<u>Leg Swings</u>	3 X 20
<u>Jumping Ankle Taps</u>	2 X 15
<u>Skip and Rope</u>	5 X 60 seconds

### 2 - PLYOMETRICS

EXERCISE	REPS
<u>Step Over Shuffle</u>	5 X 20-30ft
<u>Side to Side Jumps</u>	4 X 30 seconds
<u>Squat Tuck Jumps</u>	5 X 6 jumps
<u>Skipping Bounds</u>	5 X 6 jumps
<u>Split Jumps</u>	5 X 6 jumps
<u>Lines Conditioning Drill</u>	5 X 5 lines
<u>Stutter Steps</u>	3 X 20 seconds
<u>1 Leg Stick Handling Drill</u>	4 X 20 seconds

### 3 - RESISTANCE TRAINING

EXERCISE	REPS
<u>Leg Trainer - Skating Push</u>	3 X 20
<u>Leg Trainer - Side Push</u>	3 X 20
<u>Power Builder - Snap</u>	3 X 20
<u>Power Builder - Backhand</u>	3 X 20
<u>Bicep Pull</u>	3 X 15
<u>Tricep Push</u>	3 X 15
<u>Push Ups</u>	3 X 25
<u>ABS - 3 Way Crunches</u>	3 X 15
<u>Leg Raise Toe Touches</u>	3 X 15

### 4 - COOL DOWN

EXERCISE	REPS
<u>Standing Quad Stretch</u>	2 X 30-45 seconds
<u>Seated Hamstrings</u>	2 X 30-45 seconds
<u>Standing Calves</u>	2 X 30-45 seconds
<u>Hip Flexor</u>	2 X 30-45 seconds
<u>Seated Groins</u>	2 X 30-45 seconds
<u>Wrist Flexors</u>	2 X 30-45 seconds
<u>Shoulder Stretch</u>	2 X 30-45 seconds

### 5 - OFF ICE SHOOTING

EXERCISE	REPS
<u>Off ice shooting</u>	15-30 minutes

**DAY 26****WEEK 3&4****1 - WARM UP**

EXERCISE	REPS
<u>Arm Swings</u>	3 X 20
<u>Arm Circles</u>	2 X 20 (both sides)
<u>Medicine Ball Toss</u>	2 X 20 throws
<u>Trunk Twists</u>	2 X 20
<u>Prisoner Squats</u>	2 X 15
<u>Leg Swings</u>	3 X 20
<u>Jumping Knee Raises</u>	2 X 15
<u>Light Jog</u>	12 minutes

**2 - PLYOMETRICS**

EXERCISE	REPS
<u>Fast Crossover Shuffle</u>	5 X 20-30ft
<u>Backward Stride</u>	5 X 20-30ft
<u>Squat Jumps Continuous</u>	3 X 15
<u>Lateral Skating Jumps</u>	3 X 20
<u>Side to Side Hop - 1 Foot</u>	3 X 40
<u>5 Cone Drill</u>	6 X 5 cones
<u>Leg Trainer - Skating Continuous</u>	3 X 25 seconds

**3 - RESISTANCE TRAINING**

EXERCISE	REPS
<u>Leg Trainer - Front Push</u>	3 X 20
<u>Leg Trainer - Inner Pull</u>	3 X 20
<u>Power Builder - Slap</u>	3 X 20
<u>Power Builder - Backhand</u>	3 X 20
<u>Back Push</u>	3 X 15
<u>Chest Push</u>	3 X 15
<u>Medicine Ball Lunge</u>	3 X 15
<u>Medicine Ball Abs</u>	3 X 15
<u>Medicine Ball Side Core Twist</u>	3 X 10

**4 - COOL DOWN**

EXERCISE	REPS
<u>Lower Body and Hips</u>	2 X 30-45 seconds
<u>Seated Hamstrings</u>	2 X 30-45 seconds
<u>Standing Calves</u>	2 X 30-45 seconds
<u>Hip Rotators</u>	2 X 30-45 seconds
<u>Seated Groins</u>	2 X 30-45 seconds
<u>Wrist Extensors</u>	2 X 30-45 seconds
<u>Elbow Pull Back</u>	2 X 30-45 seconds

**5 - OFF ICE SHOOTING**

EXERCISE	REPS
<u>Off ice shooting</u>	15-30 minutes

**DAY 27****WEEK 3&4**

**DAY OFF** - Engage in another sport or activity such as: Tennis, basketball, soccer, football, biking, etc..

We also recommend that you practice your shooting skills for 15-30 minutes using the HockeyShot Shooting System.

**NEW PUCK RETURN SYSTEM****HOCKEYSHOT SHOOTING SYSTEM**

- Improve shooting accuracy, power and quicker shot release.
- Practice wrist shots, snap shots and backhand shots.
- 100 shots in 10-15 minutes.
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- Durable quality product (made to last several years).

**DAY 28****WEEK 3&4**

**DAY OFF** - Relax and rest to get your body ready for next week's work out load.

