

2014 Playoffs: Black Aces Workout

	Day 1	Day 2	Day 3	Day 4	Day 5
Core	Off bench Oblique 3x5 (x 2sec) Standing Cable bar Chop 3x10ea Elbow Reach on ball 3x12	Cook Ball chop Throw 3x8ea 3 point reaches 3x8ea Kneeling cable bar lift 3x10ea	Side bridge 3x:45sec Pull-up bar hanging knee-up 3x15 Side band raise 3x10ea	Off bench Oblique 3x10ea Standing Cable bar Chop 3x10ea Elbow Reach on ball 3x12	Cook Ball chop Throw 3x8ea 3 point reaches 3x8ea Kneeling cable bar lift 3x10ea
Hip-Adduc	Green band side lying Abduction 3x10ea >Straight Leg >Bent Knee	Pilates Ring Squeeze 3x12 (2 count hold each rep)	Green band side lying hips 3x10ea	Pilates Ring Squeeze 3x12 (2 count hold each rep)	
Shoulder		YTW on ball 3x12ea w/ Lat Roller x20 w/ Draw the sword x20		YTW on ball 3x12ea w/ Lat Roller x20 w/ Draw the sword x20	
Plyos	Squat Jumps 3x6 Set 1 @ 20% of BW 2 @ 25% of BW 3 @ 30% of BW	Half kneeling lateral jumps 3x5ea		Hurdle hurdle box jump 3x5	Half kneeling lateral jumps 3x5ea
COND		Bike conditioning Program 3--20min LVL 11 Alternating 1min intervals Work: 1min @300 watts 100+ RPM Rest: 1min @125 watts 75RPM		Airdyne Intervals 2 x 5 :10 sec work // :50 sec rest 1:30 between sets	
STR	DB Complex x3sets Squat to press x10 DB Row x8 DB RDL x8 DB push-up row x7ea Ball leg curl 3x10 w/ Kneeling curl to press 3x10 w/ TRX Row 3x8 (Feet on 12in box)		Pull-ups 3x8 Rear foot elevated SS 3x8ea DB RDL 3x5 DB Incline 3x8 1 leg DB rdl 3x5 Kneeling shoulder press 3x8		Backwards lunge 3x6ea Wall arm raise seated 3x10 DB Row 3x5ea Close grip bench 3x8 Hypers 3x8 Bosu exp push-up 3x10
ON-ICE 1.5 hours Ice Session Plan: Skill work, Tactical, NO metabolic work on-ice					