

Name																				
	Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps		Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps			
DAY 1- FOAM/STRETCH/ACTIVATION/MOVMEMENT/PLYOS									DAY 3- FOAM/STRETCH/ACTIVATION/MOVMEMENT/PLYOS											
Body Weight Squat	2/P/2	1 min		x10		x12		x15	1-Leg Box Squat	2/P/2	1 min		x10ea.		x10ea.		x10ea.			
Add Weight Vest				x10		x12		x15					x10		x10		x10			
Tri Set W/				x10		x12		x15	Tri Set W/				x10		x10		x10			
Chin Up	2/O/2	1 min		x8		x8		x8	Pull Up	2/O/2	1 min		x8		x8		x8			
				x8		x8		x8					x8		x8		x8			
AND				x8		x8		xmax	AND				x8		x8		x8			
Ball Roll Out			2x10		2x12		2x15		Ball Roll Out			2x10		2x12		2x15				
Slideboard Leg Curl	2/O/2	1 min		x8		x10		x12	Slideboard Leg Curl	2/O/2	1 min		x8		x10		x12			
Tri Set W/				x8		x10		x12	Tri Set W/				x8		x10		x12			
				x8		x10		x12					x8		x10		x12			
DB Row	2/O/2	1 min		x8ea.		x10ea.		x10ea.	TRX Inverted Row	2/O/2	1 min		x8		x10		x10			
				x8		x10		x10					x8		x10		x10			
AND				x8		x10		x10	AND				x8		x10		x10			
Hands Down Straight Leg Curl Up			2x10		2x12		2x15		Hands Down Straight Leg Curl Up			2x10		2x12		2x15				
Half Kneel Cable Chop	2/O/2			x10ea.		x10ea.		x10ea.	Half Kneel Cable Chop	2/O/2			x10ea.		x10ea.		x10ea.			
				x10		x10		x10					x10		x10		x10			
				x10		x10		x10					x10		x10		x10			
DAY 2-- FOAM/STRETCH/ACTIVATION/MOVMEMENT/PLYOS/LATERAL SPEED									DAY 4- FOAM/STRETCH/ACTIVATION/MOVMEMENT/PLYOS/LATERAL SPEED											
Standing OH MED Ball Throw			3x10		3x10		3x10		Standing OH MED Ball Throw			3x10		3x10		3x10				
Standing Chest Throws			3x10		3x10		3x10		Standing Chest Throws			3x10		3x10		3x10				
Front Twist Throws			3x10ea.		3x10ea.		3x10ea.		Front Twist Throws			3x10		3x10		3x10				
Bench Press	2/O/2	1 min		x8		x10		x12	Incline Press	2/O/2	1 min		x8		x10		x12			
Quad Set W/				x8		x10		x12	Quad Set W/				x8		x10		x12			
				x8		x10		x12					x8		x10		x12			
RFE DB Split Squat	2/O/2	1 min		x8ea.		x10ea.		x12ea.	RFE DB Split Squat	2/O/2	1 min		x8ea.		x10ea.		x12ea.			
				x8		x10		x12					x8		x10		x12			
AND				x8		x10		x12	AND				x8		x10		x12			
Feet Elevated Plank- 2x:30									Feet Elevated Plank- 2x:30											
AND Lat Stretch									AND Lat Stretch											
Seated DB Shoulder Press	2/O/2			x8		x8		x8	Seated DB Shoulder Press	2/O/2			x8		x8		x8			
				x8		x8		x8					x8		x8		x8			
AND				x8		x8		x8	AND				x8		x8		x8			
1-Leg Bench Hip Lift	2/O/2	1 min		x8ea.		x10ea.		x12ea.	1-Leg Bench Hip Lift	2/O/2	1 min		x8ea.		x10ea.		x12ea.			
AND				x8		x10		x12	AND				x8		x10		x12			
Side Bridge and Hold-			2x5(:06)		2x8(:06)		2x10(:06)		Side Bridge and Hold-			2x5(:06)		2x8(:06)		2x10(:06)				
Half Kneel Cable Lift	2/O/2			x10ea.		x10ea.		x10ea.	Half Kneel Cable Lift	2/O/2			x10ea.		x10ea.		x10ea.			
				x10		x10		x10					x10		x10		x10			
				x10		x10		x10					x10		x10		x10			
HOCKEY HOCKEY StrengthandConditioning.com																				