



Sean Skahan- HockeyStrengthandConditioning.com, SeanSkahan.com																	
SUMMER 2011- PHASE 4																	
Name																	
	Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps		Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps
Day 1 Core Activation, Movement Prep, Plyo, Speed									Day 3 Core Activation, Movement Prep, Plyo, Speed								
DB Snatch	Exp	3min		x3ea.		x3ea.		x3ea.	Hang Clean	Exp	3min		x3		x3		x3
Tri Set W/Hip Flexor Stretch				x3		x3		x3	Tri Set W/Hip Flexor Stretch				x3		x3		x3
And Quad Alt. Arm/Leg Ext w 2.5lbs 2x5/8/10				x3		x3		x3	And Quad Alt. Arm/Leg Ext w 2.5lbs 2x5/8/10				x3		x3		x3
				x3		x3		x3					x3		x3		x3
Rear Foot Elevated Split Squat	3/0/3	2min		x6 ea		x6 ea		x6 ea	1-Leg Box Squat	2/0/2	1 min		x8ea.		x8ea.		x8ea.
Tri Set W/				x6		x6		x6	Quad Set W/				x8		x8		x8
				x6		x6		x6					x8		x8		x8
Weighted Chin Up	3/0/3	2min		x3		x3		x3	Weighted Inverted Row	3/0/3	2min		x5		x5		x5
And				x3		x3		x3	And				x5		x5		x5
				x3		x3		x3					x5		x5		x5
				x3		x3		x3					x5		x5		x5
Wheel Roll Out		1 min		x10		x12		x15	Wheel Roll Out		1 min		x10		x12		x15
Chest Stretch				x10		x12		x15	Chest Stretch				x10		x12		x15
2-Arm/1-LEG DB SLDL	3/0/3	2min		x6 ea		x6 ea		x6 ea	1-Leg Ball Curl	2/0/2			x8ea		x10ea		x12ea
Quad Set W/				x6		x6		x6	Quad Set W/				x8		x10		x12
				x6		x6		x6					x8		x10		x12
1-Arm/1-Leg Cable Row	2/0/X	1 min		x8ea.		x8ea.		x8ea.	1-Arm/1-Leg Cable Row	2/0/X	1 min		x8ea.		x8ea.		x8ea.
And				x8		x8		x8	And				x8		x8		x8
				x8		x8		x8					x8		x8		x8
Get Up to 1/2 Kneel				x5ea.		x8ea.		x10ea.	Get Up to 1/2 Kneel				x5ea.		x8ea.		x10ea.
				x5		x8		x10					x5		x8		x10
Day 3 Core Activation, Movement Prep, Plyo, Speed									Day 4 Core Activation, Movement Prep, Plyo, Speed								
Bench Press	Exp	3min		x3		x3		x3	Incline Press	Exp	3min		x3		x3		x3
Tri Set W/Plank W. Alt Arm/Leg Ext. - 2x5/8/10ea.				x3		x3		x3	Tri Set W/Plank W. Alt Arm/Leg Ext. - 2x5/8/10ea.				x3		x3		x3
And Lat Stretch				x3		x3		x3	And Lat Stretch				x3		x3		x3
				x3		x3		x3					x3		x3		x3
TRX Push Ups	2/0/2	1 min		x10		x12		x15	Alt DB Curl and Press	2/0/2	1 min		x6		x6		x6
Tri Set W/				x10		x12		x15	Front Foot Elevated				x6		x6		x6
				x10		x12		x15	Tri Set W/				x6		x6		x6
Side Bridge w/Top Leg Abduction				:30		:45		1:00	Side Bridge w/Top Leg Abduction				:30		:45		1:00
And Quad Stretch				:30		:45		1:00	And Quad Stretch				:30		:45		1:00
External Rotation	2/0/2			x10ea		x10ea		x10ea	External Rotation	2/0/2			x10ea		x10ea		x10ea
Pair W/				x10		x10		x10	Pair W/				x10		x10		x10
				x10		x10		x10					x10		x10		x10
DB Tricep Extension	2/0/2	1 min		x10		x10		x10	DB Tricep Extension	2/0/2	1 min		x10		x10		x10
				x10		x10		x10					x10		x10		x10
				x10		x10		x10					x10		x10		x10