


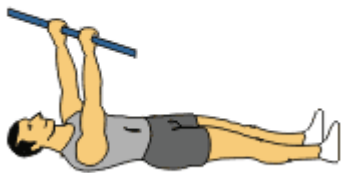


### Hockey Speed and Cond. 3

These are great bodyweight, band and ball strengthening exercises that you can do anywhere. You don't have to belong to an expensive club to get the most out of yourself as a player.

Image	Exercise	Set	Reps	Weight/ Resistance	Tempo	Time
	<b>Standard Pushup</b>	1	12			
	1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line. 2. Place hands slightly wider than shoulder width, and feet should be at hip width with toes on floor. 3. Start position: Extend the elbows and raise the body off the floor. 4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor. 5. Return to the start position by extending at the elbows and	2	10			

pushing the body up.  
 6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.



**Modified Pullup**

1	12			
2	10			

1) Adjust bar at waist height on power rack. Lie on back and position body under bar so that bar is directly over chest region.  
 2) Start position: Grasp bar with overhand grip (palms facing forward) and shoulder width apart. Elbows should be facing forward with the backside of body off the floor. Only the heels are together in contact with ground.  
 3) Pull body up towards bar until bar



touches chest.  
4) Return to start position.

**Lateral raise with tubing**

1	12
2	10

1) Step onto tubing with feet hip width apart and knees slightly bent.  
2) Start position: Grasp handles with a neutral grip (palms facing each other). Arms should hang down to sides with elbows slightly bent.  
3) Raise handles to side of body at shoulder height keeping elbows only slightly bent.  
4) Return to start position.



**Cable Curl**

1	12
2	10

1) Stand approximately 2 feet away from cable pulley with feet shoulder width apart and knees slightly bent.  
2) Start position: Grasp bar with underhand grip (palms facing forward) approximately hip width apart and allow arms to hang down at sides.

Elbows should be close to sides.  
 3) Flex at the elbows and curl bar up to approximately shoulder level. Keep elbows close to sides throughout movement.  
 4) Return to start position.  
 5) Remember to keep back and head straight in a neutral position throughout movement. Shoulders should be stabilized by squeezing shoulder blades together slightly - only the elbow joint should be moving.

**Bench Dip**

1	12
2	10

1) Sit upright on bench and place hands hip width apart with fingers pointing forward. Place feet flat on opposite bench with legs straight.  
 2) Start position: Slide glutes off bench with elbows slightly bent.  
 3) Lower body



by bending at elbows until elbows are at 90 degree angle.  
4) Return to start position.

**Trainer's comments:**

You can do these off of a chair. Put your feet on the floor (legs straight is harder than knees bent)

**Medicine Ball V-Ups**

1	15
2	15

1) Start position: Lie back onto floor or bench with knees straight, both hands extended behind your head holding a medicine ball. Keep elbow back and out of sight. Head should be in a neutral position with a space between chin and chest.  
2) Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench. Extend arms and also raise legs up toward ceiling.  
3) Return to





start position.

**Reverse Curl**  
**w/ Med Ball**

1	15
2	15

1. Start position: Lie with back on floor or bench with hips flexed at 90° and feet in air holding onto a medicine ball. Position arms at sides with palms down on floor.
2. Leading with the heels towards the ceiling, raise glutes (butt) off floor or bench.
3. Return to start position.
4. Remember keep legs from swinging to prevent momentum throughout the exercise.