





Mike Hartman In Season Hockey Program

Advanced 30 sec on and 30 sec off for recovery.

Image	Exercise	Set	Reps	Weight/ Resistance	Tempo	Time
	<p><u>Seated Bike</u> Starting Position: Adjust the seat so that your legs have just a slight knee bend when your foot is at the bottom position. Increase the resistance until you are challenged yet can keep good cycling form.</p> <p>Trainer's comments: warm up for 10 minutes.</p>	1	10 minutes			
	<p><u>One arm chest press and thrust</u> 1) Walk feet forward allowing flexaball to roll underneath body until it is positioned on mid to upper back region (you may rest head on flexaball).</p>	1 2 3	30 sec 30 sec 30 sec			

Raise hips to create a "table top" position parallel to floor.

3) Start position: Maintaining stability, bring 1 DB to shoulder and press up positioning DB above the chest with palm facing forward.

4) Lower the DB keeping your forearm perpendicular to the floor and your hand aligned at the nipple line.

5) Let your upper arm go slightly past parallel to the floor and press the DB up to the start position. As you press up forcefully bring the other arm down towards the shoulder.

6) Your body should rotate just a little with this type of movement. Complete prescribed repetitions and then perform with other arm.

Trainer's comments:



30 seconds on and rest for 45 seconds.

DB Squat

- 1) Grasp DB's and let arms hang down at sides.
- 2) Start position: Stand with feet slightly wider than hip width apart. Knees should be slightly bent.
- 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to "sit back" so that knees stay over the feet.
- 4) Once thighs are parallel to floor, return to start position.
- 5) Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes.
- 6) DO NOT allow knees to go past the big toe or deviate laterally or

1	30 sec
2	30 sec
3	30 sec

medially throughout movement. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

Trainer's comments:
30 sec on and 45 seconds off.

Dumbbell Curl (one arm)

1) Stand with feet shoulder width apart and knees slightly bent or sit in upright position.
2) Start position: Grasp DB's with underhand grip (palms facing forward) and allow arms to hang down at sides. Elbows should be close to sides.
3) Flex at the elbows and curl DB's one at a time up to approximately shoulder level. Keep elbows close to sides throughout movement. Return to start position.
4) Remember to keep back

1 30 sec
2 30 sec
3 30 sec





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.

Trainer's comments:
30 seconds on and 45 seconds off.

<u>DB Lunge</u>	1	30 sec			
1) Start position: Stand with feet hip width apart. Grasp DB's hang arms down at sides.	2	30 sec			
2) Step forward 2-3 feet forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury.	3	30 sec			
3) Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.					

4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

5) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.

Trainer's comments:
30 seconds on then 45 seconds off.

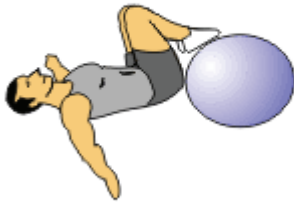
Dumbbell 1 30 sec
Shoulder 2 30 sec
Press on ball 3 30 sec



1) Sit in upright position with knees slightly bent.

2) Start position:
Position DB's to ear level with an overhand grip (palms facing forward).

3) Press hands up above head keeping wrists over the elbows and



arms moving parallel to body at all times.
4) Return to start position.

Trainer's comments:
30 sec on and 45 sec rest.

<u>Hamstring</u>	1	30 sec
<u>Curl</u>	2	30 sec
	3	30 sec

1) Assume back lying position on floor. Place hands at sides with palms down on floor.
2) Start position: Place heels of both feet on top of stability ball. Raise hips off floor.
3) Curl heels toward glutes by flexing at the knee. Hips should remain off floor.
4) Return to start position.
5) Remember to maintain stability of ball by utilizing muscles in the trunk and core. To increase difficulty, cross arms hands over chest to take away base of support.

Trainer's



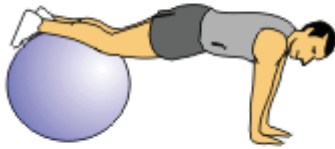
comments:
30 seconds on
and 45
seconds rest.

**Tricep
Extensions**

- 1) Sit in upright position on a ball. Grasp DB's rest it on corresponding thighs.
- 2) Start position: Lie onto back and bring the barbell to your chest. Press DB's up so they are directly over the upper chest.
- 3) Lower the dumbbells toward your forehead by bending elbows to 90°. Elbows should remain pointing forward.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulder stabilized throughout movement.

1	30 sec
2	30 sec
3	30 sec

**Trainer's
comments:**



30 sec on 45 sec off.

Push ups with knee tuck

1. Start by getting in a push up position with your feet on top of a ball.
2. Proceed to perform a push up balancing on top of the ball. Return to the starting position and then bring your knees in towards your chest.
3. Return to the parallel position and repeat for the prescribed repetitions.

Trainer's comments:

30 sec on and 45 sec off.

- | | |
|---|--------|
| 1 | 30 sec |
| 2 | 30 sec |
| 3 | 30 sec |



DB Side Bend

- 1 Starting
- 2 Position: Stand with your feet about shoulder width apart. Hold a DB in each hand. Laterally bend your torso to the side and then repeat to the other side. Return to starting position.
- 3

- | | |
|---|--------|
| 1 | 30 sec |
| 2 | 30 sec |
| 3 | 30 sec |

Trainer's

comments:
30 seconds on
45 seconds off.

