

# HOCKEY STRENGTH & CONDITIONING PROGRAM

WEEK# ____	Days -->	Monday	Tuesday	Wednesday	Thursday	Friday
<b>CARDIOVASCULAR</b>						
Elliptical (Xtrain @ 10 min)						
<b>STRENGTH</b>						
<b>&gt; Arms &amp; Chest</b>						
Flat Chest Press - 4 sets   8 reps						
Machine Bicep Curls - 4 sets   8 reps						
Incline Chest Press - 4 sets   8 reps						
Dumbbell Seated curls - 4 sets   8 reps						
Standing Cable Flys - 4 sets   8 reps						
Standing Cable Tricep Pulldowns - 4 sets   8 reps						
Dumbbell Side Lifts - 4 sets   8 reps						
Dumbbell Overhead Pull - 4 sets   8 reps						
<b>&gt; Legs &amp; Hips</b>						
Machine Calf Flexes - 3 sets   10 reps						
Machine Hip Flexor Extensions - 4 sets   8 reps						
Machine Groin Press - 4 sets   8 reps						
Barbell Squats - 3 sets   10 reps						
Machine Leg Press - 4 sets   8 reps						
Leg Curls - 4 sets   8 reps						
Leg Extensions - 4 sets   8 reps						
Step-Ups - 3 sets   10 reps						
<b>&gt; Abdominals, Back &amp; Shoulders</b>						
Machine Rows - 4 sets   8 reps						
Machine Seated Lat Pulldowns - 4 sets   8 reps						
Machine Seated Rows - 4 sets   8 reps						
Russian Twists - 3 sets   8 reps / side						
Hanging Leg Lifts - 2 sets   12 reps						
Incline Crunches (w/ medicine ball) - 3 sets   12 reps						
<b>COOLDOWN</b>						
Elliptical (Xtrain @ 5 min)						