

GLENBROOK NORTH HOCKEY

Day 1

Exercise	July 7 - July 20	July 25 - August 12
Squat Jumps	3x6	3x10
Skip for Height	3x20 yd	5x20 yd
Lateral Line Hops	3x30	3x40
DB Squat to Press	3x8	3x12
Walking Lunge w/ Rot	3x10 ea	4x10 ea
DB Bench Press	3x8	3x10
DB Row	3x8	3x10
DB Lateral Raise	3x8	3x10
Alternate Leg Step Ups	3x10 ea	4x10 ea
Ab Circuits 1 and 2		

Day 3

Exercise	July 7 - July 20	July 25 - August 12
Tuck Jumps	3x6	3x10
Skip for Distance	3x20 yd	5x20 yd
Lateral Hurdle Hops	3x10	3x15
DB Lunge to Press	3x4 ea	3x6 ea
Bodyweight Speed Squat	3x25	4x20
DB Incline Bench	3x8	3x10
Upright Row	3x8	3x10
DB Front Raise	3x8	3x10
Lateral Step Ups	3x10 ea	4x10 ea
Ab Circuits 5 and 6		

Day 2

Exercise	July 7 - July 20	July 25 - August 12
Broad Jumps	3x6	3x10
Ali Shuffle	6 each	8 each
Box Blast	3x10 ea	5x10 ea
DB Step Up to Press	3x4 ea	3x6 ea
Step Back Lunge w/ Rot	3x10 ea	4x10 ea
Pushups	3xMAX	3xMAX
Supine Pullups	<i>Match Pushup TOTAL</i>	
Tricep Pushdown	3x12	3x15
Bicep Curl	3x12	3x15
Ab Circuits 3 and 4		

Day 4

Exercise	July 7 - July 20	July 25 - August 12
Box Jumps	3x6	3x10
Hop Scotch	6 each	8 each
Skater Hops	3x10 ea	5x10 ea
DB Squat w/ Curl & Press	3x8	3x12
MB Lateral Lunges	3x10 ea	4x10 ea
MB Chest Pass	3x12	3x15
MB Slam	3x12	3x15
Arm Step Ups	3x10 ea	3x15 ea
Face Pulls	3x8	3x10
Ab Circuits 7 and 8		

Core Circuits

Circuit #1
Crunches x 30
V Ups x 15
Russian Twist x 20
Reverse Crunch x 25
Toe Touches x 20

Circuit #2
Crunches x 25
Russian Twist x 20
Suitcase Crunch x 20
X-Over Crunch x 25
Bicycles x 20

Circuit #3 - 1 Minute Ea
Crunches
Russian Twist
Toe Touches
Reverse Crunch
Side Ups - 30 Sec. Each

Circuit #4 - 1 Min Ea
Front Plank
Side Plank. - 30 Sec.
Side Plank - 30 Sec.
Front Plank
Hollow Hold

Circuit #5
T Sits x 12
Suitcase Crunch x 20
Crunches x 30
X-Over Crunch x 20
Bicycles x 25

Circuit #6
Leg Raise x 20
Reverse Crunch x 25
Wt. Crunch x 30
Alt. Toe Touch x 25
V Ups x 15

Circuit #7 - 1 Min Ea
V Ups - 30 Sec.
Mountain Climbers
Crunches
Side Ups
Straight Leg Crunch

Circuit #8
V Ups x 15
X-Over Crunch x 25
Suitcase Crunch x 20
Russian Twist x 20
Bicycles x 30