



# XLAthlete.com Hockey Off-Season Strength Training

Week 1 - Day 3				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Piston Squat	3 sets of 5 per leg			
Overhead Squat	3 sets of 5 with empty bar			
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Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Back Squat	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
	0.0	2	3:00	
Half Rack Back Squat	0.0	3	3:00	Set rack level to half the depth of your regular back squat
	0.0	3	3:00	
	0.0	3	3:00	
Glute Ham Hyper	No Load	8	2:00	
	No Load	8	2:00	
	No Load	8	2:00	
	No Load	8	2:00	
Russian Twist	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
Band Pull Throughs	Band	10	2:00	
	Band	10	2:00	
	Band	10	2:00	
-				
Recovery	Sets/Reps			
Glute Ham Hang	1 Set of 2:00			
Partner Leg Walks	2 sets per leg			
Foam Roller	Glutes and Hams			

Week 1 - Day 4				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Chest Band Adduction	3 sets of 5 per arm			
Infraspinatus	3 sets of 5			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Bench Press	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
	0.0	2	3:00	
Board Bench Press	0.0	3	3:00	Use around 6 inches of thickness
	0.0	3	3:00	
	0.0	3	3:00	
Barbell Bent Over Row	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
Dumbbell Curl To Press	Choose	8	2:00	
	Choose	8	2:00	
	Choose	8	2:00	
	Choose	8	2:00	
EZ Bar Tricep Extension	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
-				
Recovery	Sets/Reps			
Isometric Chest Hold	2 sets of 30 seconds			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			

# XLAthlete.com Hockey Off-Season Strength Training

Week 2 - Day 1				
<b>Warm Up/Prehab</b>	<b>Sets/Reps</b>			
<b>Dynamic Warm Up</b>	2-3 Minutes			
<b>Piston Squat</b>	3 sets of 5 per leg			
<b>Overhead Squat</b>	3 sets of 5 with empty bar			
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
<b>Back Squat</b>	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Perform each highlighted set of this exercise with a set of each exercise below	0.0	3	3:00	Feel free to add Chains or Bands to sets of Back Squat
	0.0	3		
	0.0	3		
	0.0	3		
	0.0	3		
<b>Weighted Squat Jump</b>	0.0	4	Rest only after you finish one set of each highlighted exercise	
	0.0	4		
	0.0	4		
	0.0	4		
<b>Squat Jump</b>	No Load	4		
	No Load	4		
	No Load	4		
	No Load	4		
<b>RDL</b>	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
<b>Overhead Sit Up</b>	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
<b>Back Extension</b>	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
<b>Recovery</b>	<b>Sets/Reps</b>			
<b>Isometric Split</b>	2 sets of 30 seconds per leg			
<b>Lying Wall Shakes</b>	2 sets of 30 seconds			
<b>Foam Roller</b>	Quads and I-Band			

Week 2 - Day 2				
<b>Warm Up/Prehab</b>	<b>Sets/Reps</b>			
<b>Dynamic Warm Up</b>	2-3 Minutes			
<b>Cuban Press With Figure 8</b>	3 sets of 5			
<b>Internal External Shoulder Shock</b>	3 sets of 10 per arm			
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
<b>Bench Press</b>	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Perform each highlighted set of this exercise with a set of each exercise below	0.0	3	3:00	Feel free to add Chains or Bands to the sets of Bench Press
	0.0	3		
	0.0	3		
	0.0	3		
	0.0	3		
<b>Med Ball Pass</b>	10 to 15 lbs	4	Rest only after you finish one set of each highlighted exercise	
	10 to 15 lbs	4		
	10 to 15 lbs	4		
	10 to 15 lbs	4		
<b>Clap Push Up</b>	No Load	4		
	No Load	4		
	No Load	4		
	No Load	4		
<b>Dynamic Lat Pull Down</b>	0.0	8	2:00	Make EXPLOSIVE
	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
<b>Overhead Lateral Raise</b>	0.0	10	2:00	
	0.0	10	2:00	
	0.0	10	2:00	
<b>Band Tricep Extension</b>	Band	8	2:00	Make EXPLOSIVE
	Band	8	2:00	
	Band	8	2:00	
<b>Bicep Curl Shock</b>	0.0	8	2:00	Make EXPLOSIVE
	0.0	8	2:00	
	0.0	8	2:00	
<b>Recovery</b>	<b>Sets/Reps</b>			
<b>Isometric Chest Hold</b>	2 sets of 30 seconds			
<b>Partner Stretching</b>	2 sets of 30 seconds each			
<b>Laying Relaxation</b>	Quads and I-Band			

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Week 2 - Day 3				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Piston Squat	3 sets of 5 per leg			
Overhead Squat	3 sets of 5 with empty bar			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Back Squat	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
	0.0	2	3:00	
Half Rack Back Squat	0.0	3	3:00	Set rack level to half the depth of your regular back squat
	0.0	3	3:00	
	0.0	3	3:00	
Glute Ham Hyper	No Load	8	2:00	
	No Load	8	2:00	
	No Load	8	2:00	
	No Load	8	2:00	
Russian Twist	Choice	10	2:00	
	Choice	10	2:00	
	Choice	10	2:00	
Band Pull Throughs	Band	10	2:00	
	Band	10	2:00	
	Band	10	2:00	
-				
Recovery	Sets/Reps			
Glute Ham Hang	1 Set of 2:00			
Partner Leg Walks	2 sets per leg			
Foam Roller	Glutes and Hams			

Week 2 - Day 4				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Chest Band Adduction	3 sets of 5 per arm			
Infraspinatus	3 sets of 5			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Bench Press	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
	0.0	2	3:00	
Board Bench Press	0.0	3	3:00	Use around 6 inches of thickness
	0.0	3	3:00	
	0.0	3	3:00	
Barbell Bent Over Row	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
Dumbbell Curl To Press	Choose	8	2:00	
	Choose	8	2:00	
	Choose	8	2:00	
	Choose	8	2:00	
EZ Bar Tricep Extension	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
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Recovery	Sets/Reps			
Isometric Chest Hold	2 sets of 30 seconds			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			

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Week 3 - Day 1				
<b>Warm Up/Prehab</b>	<b>Sets/Reps</b>			
<b>Dynamic Warm Up</b>	2-3 Minutes			
<b>Piston Squat With Band</b>	3 sets of 5 per leg			
<b>Overhead Squat</b>	3 sets of 5 with empty bar			
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
<b>Back Squat</b>	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	3	3:00	
Perform each highlighted set of this exercise with a set of each exercise below	0.0	3	3:00	Feel free to add Chains or Bands to sets of Back Squat
	0.0	3		
	0.0	3		
	0.0	3		
	0.0	3		
<b>Weighted Squat Jump</b>	0.0	4	Rest only after you finish one set of each highlighted exercise	
	0.0	4		
	0.0	4		
	0.0	4		
<b>Box Jump</b>	No Load	4		
	No Load	4		
	No Load	4		
	No Load	4		
<b>RDL</b>	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
<b>Incline Overhead Sit Up</b>	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
<b>Back Extension With Twist</b>	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
Recovery	Sets/Reps			
<b>Isometric Split</b>	2 sets of 30 seconds per leg			
<b>Pull Up Hangs</b>	2 sets of 1:00			
<b>Foam Roller</b>	Quads and I-Band			

Week 3 - Day 2				
<b>Warm Up/Prehab</b>	<b>Sets/Reps</b>			
<b>Dynamic Warm Up</b>	2-3 Minutes			
<b>Cuban Press With Figure 8</b>	3 sets of 5			
<b>Internal External Shoulder Shock</b>	3 sets of 10 per arm			
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
<b>Bench Press</b>	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	3	3:00	
Perform each highlighted set of this exercise with a set of each exercise below	0.0	3	3:00	Feel free to add Chains or Bands to the sets of Bench Press
	0.0	3		
	0.0	3		
	0.0	3		
	0.0	3		
<b>Med Ball Pass</b>	10 to 15 lbs	4	Rest only after you finish one set of each highlighted exercise	
	10 to 15 lbs	4		
	10 to 15 lbs	4		
	10 to 15 lbs	4		
	10 to 15 lbs	4		
<b>Clap Push Up</b>	No Load	4		
	No Load	4		
	No Load	4		
	No Load	4		
<b>Dynamic Lat Pull Down</b>	0.0	8	2:00	Make EXPLOSIVE
	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
<b>Overhead Lateral Raise</b>	0.0	10	2:00	
	0.0	10	2:00	
	0.0	10	2:00	
<b>Band Tricep Extension</b>	Band	8	2:00	Make EXPLOSIVE
	Band	8	2:00	
	Band	8	2:00	
<b>Bicep Curl Shock</b>	0.0	8	2:00	Make EXPLOSIVE
	0.0	8	2:00	
	0.0	8	2:00	
Recovery	Sets/Reps			
<b>Isometric Chest Hold</b>	2 sets of 30 seconds			
<b>Partner Stretching</b>	2 sets of 30 seconds each			
<b>Laying Relaxation</b>	2:00			

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Week 3 - Day 3				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Piston Squat With Band	3 sets of 5 per leg			
Overhead Squat	3 sets of 5 with empty bar			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Back Squat	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
Half Rack Back Squat	0.0	3	3:00	Set rack level to half the depth of your regular back squat
	0.0	3	3:00	
	0.0	3	3:00	
Glute Ham Hyper Incline	No Load	8	2:00	
	No Load	8	2:00	
	No Load	8	2:00	
	No Load	8	2:00	
Partner Lateral Med Ball Toss	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
Zercher Good Morning	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
-				
Recovery	Sets/Reps			
Glute Ham Hang	1 Set of 2:00			
Partner Back Walks	2 sets per leg			
Foam Roller	Glutes and Hams			

Week 3 - Day 4				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Chest Band Adduction	3 sets of 5 per arm			
Infraspinatus	3 sets of 5			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Bench Press	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
Board Bench Press	0.0	3	3:00	Use around 6 inches of thickness
	0.0	3	3:00	
	0.0	3	3:00	
Barbell Bent Over Row	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
Dumbbell Curl To Press	Choose	8	2:00	
	Choose	8	2:00	
	Choose	8	2:00	
	Choose	8	2:00	
EZ Bar Tricep Extension	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
-				
Recovery	Sets/Reps			
Isometric Chest Hold	2 sets of 30 seconds			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			

# XLAthlete.com Hockey Off-Season Strength Training

Week 4 - Day 1				
<b>Warm Up/Prehab</b>	<b>Sets/Reps</b>			
<a href="#">Dynamic Warm Up</a>	2-3 Minutes			
<a href="#">Piston Squat With Band</a>	3 sets of 5 per leg			
<a href="#">Overhead Squat</a>	3 sets of 5 with empty bar			
<b>Strength Exercises</b>	<b>Weight</b>	<b>Reps Per Set</b>	<b>Rest After Set</b>	<b>Information</b>
<a href="#">Back Squat</a>	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Perform each highlighted set of this exercise with a set of each exercise below	0.0	3	3:00	Feel free to add Chains or Bands to sets of Back Squat
	0.0	3		
	0.0	3		
	0.0	3		
	0.0	3		
<a href="#">Weighted Squat Jump</a>	0.0	4	Rest only after you finish one set of each highlighted exercise	
	0.0	4		
	0.0	4		
	0.0	4		
<a href="#">Box Jump</a>	0.0	4		
	0.0	4		
	0.0	4		
	0.0	4		
<a href="#">RDL</a>	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
<a href="#">Incline Overhead Sit Up</a>	0.0	10	2:00	
	0.0	10	2:00	
	0.0	10	2:00	
<a href="#">Back Extension With Twist</a>	0.0	10	2:00	
	0.0	10	2:00	
	0.0	10	2:00	
<b>Recovery</b>	<b>Sets/Reps</b>			
<a href="#">Isometric Split</a>	2 sets of 30 seconds per leg			
<a href="#">Pull Up Hangs</a>	2 sets of 1:00			
<a href="#">Foam Roller</a>	Quads and I-Band			

Week 4 - Day 2				
<b>Warm Up/Prehab</b>	<b>Sets/Reps</b>			
<a href="#">Dynamic Warm Up</a>	2-3 Minutes			
<a href="#">Cuban Press With Figure 8</a>	3 sets of 5			
<a href="#">Internal External Shoulder Shock</a>	3 sets of 10 per arm			
<b>Strength Exercises</b>	<b>Weight</b>	<b>Reps Per Set</b>	<b>Rest After Set</b>	<b>Information</b>
<a href="#">Bench Press</a>	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Perform each highlighted set of this exercise with a set of each exercise below	0.0	3	3:00	Feel free to add Chains or Bands to the sets of Bench Press
	0.0	3		
	0.0	3		
	0.0	3		
	0.0	3		
<a href="#">Med Ball Pass</a>	10 to 15 lbs	4	Rest only after you finish one set of each highlighted exercise	
	10 to 15 lbs	4		
	10 to 15 lbs	4		
	10 to 15 lbs	4		
<a href="#">Clap Push Up</a>	No Load	4		
	No Load	4		
	No Load	4		
	No Load	4		
<a href="#">Dynamic Lat Pull Down</a>	0.0	8	2:00	Make EXPLOSIVE
	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
<a href="#">Overhead Lateral Raise</a>	0.0	10	2:00	
	0.0	10	2:00	
	0.0	10	2:00	
<a href="#">Band Tricep Extension</a>	Band	8	2:00	Make EXPLOSIVE
	Band	8	2:00	
	Band	8	2:00	
<a href="#">Bicep Curl Shock</a>	0.0	8	2:00	Make EXPLOSIVE
	0.0	8	2:00	
	0.0	8	2:00	
<b>Recovery</b>	<b>Sets/Reps</b>			
<a href="#">Isometric Chest Hold</a>	2 sets of 30 seconds			
<a href="#">Partner Stretching</a>	2 sets of 30 seconds each			
<a href="#">Laying Relaxation</a>	2:00			

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Week 4 - Day 3				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Piston Squat With Band	3 sets of 5 per leg			
Overhead Squat	3 sets of 5 with empty bar			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Back Squat	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
Half Rack Back Squat	0.0	3	3:00	Set rack level to half the depth of your regular back squat
	0.0	3	3:00	
	0.0	3	3:00	
Glute Ham Hyper Incline	No Load	8	2:00	
	No Load	8	2:00	
	No Load	8	2:00	
	No Load	8	2:00	
Partner Lateral Med Ball Toss	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
Zercher Good Morning	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
-				
Recovery	Sets/Reps			
Glute Ham Hang	1 Set of 2:00			
Partner Back Walks	2 sets per leg			
Foam Roller	Glutes and Hams			

Week 4 - Day 4				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Chest Band Adduction	3 sets of 5 per arm			
Infraspinatus	3 sets of 5			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Bench Press	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
Board Bench Press	0.0	3	3:00	Use around 6 inches of thickness
	0.0	3	3:00	
	0.0	3	3:00	
Barbell Bent Over Row	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
Dumbbell Curl To Press	Choose	8	2:00	
	Choose	8	2:00	
	Choose	8	2:00	
	Choose	8	2:00	
EZ Bar Tricep Extension	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
-				
Recovery	Sets/Reps			
Isometric Chest Hold	2 sets of 30 seconds			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			

# XLAthlete.com Hockey Off-Season Strength Training

Week 5 - Day 1				
<b>Warm Up/Prehab</b>	<b>Sets/Reps</b>			
<a href="#">Dynamic Warm Up</a>	2-3 Minutes			
<a href="#">Balance Single Leg Squat</a>	3 sets of 5 per leg			
<a href="#">Overhead Rack Squat</a>	3 sets of 5 with empty bar			
<b>Strength Exercises</b>				
<b>Back Squat</b>	<b>Weight</b>	<b>Reps Per Set</b>	<b>Rest After Set</b>	<b>Information</b>
	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	3	3:00	
Perform each highlighted set of this exercise with a set of each exercise below	0.0	3	Rest only after you finish one set of each highlighted exercise	Feel free to add Chains or Bands to sets of Back Squat
	0.0	3		
	0.0	3		
<a href="#">Weighted Squat Jump</a>	0.0	3		
	0.0	3		
	0.0	3		
<a href="#">Hurdle Hop</a>	No Load	3		
	No Load	3		
	No Load	3		
	No Load	3		
<a href="#">RDL</a>	0.0	4	2:00	
	0.0	4	2:00	
	0.0	4	2:00	
	0.0	4	2:00	
<a href="#">Half Bench Curl Up</a>	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
<a href="#">Back Extension With T Pattern</a>	Choose	10	2:00	
	Choose	10	2:00	
<b>Recovery</b>				
<b>Isometric Split</b>	<b>Sets/Reps</b>			
	2 sets of 30 seconds per leg			
<a href="#">Lying Wall Shakes</a>	2 sets of 30 seconds			
<a href="#">Foam Roller</a>	Quads and I-Band			

Week 5 - Day 2				
<b>Warm Up/Prehab</b>	<b>Sets/Reps</b>			
<a href="#">Dynamic Warm Up</a>	2-3 Minutes			
<a href="#">Cuban Press Incline With Figure 8</a>	3 sets of 5 per arm			
<a href="#">Extension Flexion Shoulder Shock</a>	3 sets of 5			
<b>Strength Exercises</b>				
<b>Bench Press</b>	<b>Weight</b>	<b>Reps Per Set</b>	<b>Rest After Set</b>	<b>Information</b>
	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	3	3:00	
Perform each highlighted set of this exercise with a set of each exercise below	0.0	3	Rest only after you finish one set of each highlighted exercise	Feel free to add Chains or Bands to the sets of Bench Press
	0.0	3		
	0.0	3		
<a href="#">Close Grip Bench Press Throw</a>	0.0	3		
	0.0	3		
	0.0	3		
<a href="#">Clap Push Up</a>	No Load	3		
	No Load	3		
	No Load	3		
	No Load	3		
<a href="#">Dynamic Lat Pull Down</a>	0.0	6	2:00	Make EXPLOSIVE
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
<a href="#">Push Press</a>	0.0	6	2:00	Make EXPLOSIVE
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
<a href="#">Dual-Action Tricep Band Extension</a>	Choose	6	2:00	
	Choose	6	2:00	
	Choose	6	2:00	
<a href="#">Dual-Action Bicep Curl</a>	Choose	6	2:00	
	Choose	6	2:00	
	Choose	6	2:00	
<b>Recovery</b>				
<b>Isometric Chest Hold</b>	<b>Sets/Reps</b>			
	2 sets of 30 seconds			
<a href="#">Partner Stretching</a>	2 sets of 30 seconds each			
<a href="#">Laying Relaxation</a>	2:00			

# XLAthlete.com Hockey Off-Season Strength Training

Week 5 - Day 3				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Balance Single Leg Squat	3 sets of 5 per leg			
Overhead Rack Squat	3 sets of 5 with empty bar			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Back Squat	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	2	3:00	
Half Rack Back Squat	0.0	3	3:00	Set rack level to half the depth of your regular back squat
	0.0	3	3:00	
	0.0	3	3:00	
Glute Ham Hyper With Band	Band	6	2:00	
	Band	6	2:00	
	Band	6	2:00	
	Band	6	2:00	
Overhead Sit Up	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
Band Pull Throughs	Band	10	2:00	
	Band	10	2:00	
	Band	10	2:00	
-				
Recovery	Sets/Reps			
Glute Ham Hang	1 Set of 2:00			
Partner Leg Walks	2 sets per leg			
Foam Roller	Glutes and Hams			

Week 5 - Day 4				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Push Up Scapula Shrug	3 sets of 5 per arm			
Tea Cup	3 sets of 5			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Bench Press	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	2	3:00	
Board Bench Press	0.0	3	3:00	Use around 6 inches of thickness
	0.0	3	3:00	
	0.0	3	3:00	
Dumbbell Bent Over Row	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
EZ Bar Curl	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
EZ Bar Throat Press	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
-				
Recovery	Sets/Reps			
Isometric Chest Hold	2 sets of 30 seconds			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			

# XLAthlete.com Hockey Off-Season Strength Training

Week 6 - Day 1				
<b>Warm Up/Prehab</b>	<b>Sets/Reps</b>			
<a href="#">Dynamic Warm Up</a>	2-3 Minutes			
<a href="#">Balance Single Leg Squat</a>	3 sets of 5 per leg			
<a href="#">Overhead Rack Squat</a>	3 sets of 5 with empty bar			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
<a href="#">Back Squat</a>	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Perform each highlighted set of this exercise with a set of each exercise below	0.0	3	3:00	Feel free to add Chains or Bands to sets of Back Squat
	0.0	3		
	0.0	3		
	0.0	3		
	0.0	3		
<a href="#">Weighted Squat Jump</a>	0.0	3	Rest only after you finish one set of each highlighted exercise	
	0.0	3		
	0.0	3		
	0.0	3		
<a href="#">Hurdle Hop</a>	No Load	3		
	No Load	3		
	No Load	3		
	No Load	3		
<a href="#">RDL</a>	0.0	4	2:00	
	0.0	4	2:00	
	0.0	4	2:00	
	0.0	4	2:00	
<a href="#">Half Bench Curl Up</a>	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
<a href="#">Back Extension With T Pattern</a>	Choose	10	2:00	
	Choose	10	2:00	
-				
<b>Recovery</b>	<b>Sets/Reps</b>			
<a href="#">Isometric Split</a>	2 sets of 30 seconds per leg			
<a href="#">Lying Wall Shakes</a>	2 sets of 30 seconds			
<a href="#">Foam Roller</a>	Quads and I-Band			

Week 6 - Day 2				
<b>Warm Up/Prehab</b>	<b>Sets/Reps</b>			
<a href="#">Dynamic Warm Up</a>	2-3 Minutes			
<a href="#">Cuban Press Incline With Figure 8</a>	3 sets of 5 per arm			
<a href="#">Extension Flexion Shoulder Shock</a>	3 sets of 5			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
<a href="#">Bench Press</a>	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	3	3:00	
Perform each highlighted set of this exercise with a set of each exercise below	0.0	3	3:00	Feel free to add Chains or Bands to the sets of Bench Press
	0.0	3		
	0.0	3		
	0.0	3		
	0.0	3		
<a href="#">Close Grip Bench Press Throw</a>	0.0	3	Rest only after you finish one set of each highlighted exercise	
	0.0	3		
	0.0	3		
	0.0	3		
<a href="#">Clap Push Up</a>	No Load	3		
	No Load	3		
	No Load	3		
	No Load	3		
<a href="#">Dynamic Lat Pull Down</a>	0.0	6	2:00	Make EXPLOSIVE
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
<a href="#">Push Press</a>	0.0	6	2:00	Make EXPLOSIVE
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
<a href="#">Dual-Action Tricep Band Extension</a>	Choose	6	2:00	
	Choose	6	2:00	
	Choose	6	2:00	
<a href="#">Dual-Action Bicep Curl</a>	Choose	6	2:00	
	Choose	6	2:00	
	Choose	6	2:00	
-				
<b>Recovery</b>	<b>Sets/Reps</b>			
<a href="#">Isometric Chest Hold</a>	2 sets of 30 seconds			
<a href="#">Partner Stretching</a>	2 sets of 30 seconds each			
<a href="#">Laying Relaxation</a>	2:00			

# XLAthlete.com Hockey Off-Season Strength Training

Week 6 - Day 3				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Balance Single Leg Squat	3 sets of 5 per leg			
Overhead Rack Squat	3 sets of 5 with empty bar			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Back Squat	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	2	3:00	
Half Rack Back Squat	0.0	3	3:00	Set rack level to half the depth of your regular back squat
	0.0	3	3:00	
	0.0	3	3:00	
Glute Ham Hyper With Band	Band	6	2:00	
	Band	6	2:00	
	Band	6	2:00	
	Band	6	2:00	
Overhead Sit Up	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
Band Pull Throughs	Band	10	2:00	
	Band	10	2:00	
	Band	10	2:00	
-				
Recovery	Sets/Reps			
Glute Ham Hang	1 Set of 2:00			
Partner Leg Walks	2 sets per leg			
Foam Roller	Glutes and Hams			

Week 6 - Day 4				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Push Up Scapula Shrug	3 sets of 5 per arm			
Tea Cup	3 sets of 5			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Bench Press	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	2	3:00	
Board Bench Press	0.0	3	3:00	Use around 6 inches of thickness
	0.0	3	3:00	
	0.0	3	3:00	
Dumbbell Bent Over Row	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
EZ Bar Curl	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
EZ Bar Throat Press	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
-				
Recovery	Sets/Reps			
Isometric Chest Hold	2 sets of 30 seconds			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			

# XLAthlete.com Hockey Off-Season Strength Training

Week 7 - Day 1				
<b>Warm Up/Prehab</b>	<b>Sets/Reps</b>			
<a href="#">Dynamic Warm Up</a>	2-3 Minutes			
<a href="#">Balance Single Leg Squat</a>	3 sets of 5 per leg			
<a href="#">Overhead Rack Squat</a>	3 sets of 5 with empty bar			
<b>Strength Exercises</b>				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
<a href="#">Back Squat</a>	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Perform each highlighted set of this exercise with a set of each exercise below	0.0	3	3:00	Feel free to add Chains or Bands to sets of Back Squat
	0.0	3		
	0.0	3		
	0.0	3		
	0.0	3		
<a href="#">Weighted Squat Jump</a>	0.0	3	Rest only after you finish one set of each highlighted exercise	
	0.0	3		
	0.0	3		
	0.0	3		
<a href="#">Hurdle Hop</a>	No Load	3		
	No Load	3		
	No Load	3		
	No Load	3		
<a href="#">RDL</a>	0.0	4	2:00	
	0.0	4	2:00	
	0.0	4	2:00	
	0.0	4	2:00	
<a href="#">Half Bench Curl Up</a>	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
<a href="#">Back Extension With T Pattern</a>	Choose	10	2:00	
	Choose	10	2:00	
<b>Recovery</b>				
<b>Recovery</b>	<b>Sets/Reps</b>			
<a href="#">Isometric Split</a>	2 sets of 30 seconds per leg			
<a href="#">Lying Wall Shakes</a>	2 sets of 30 seconds			
<a href="#">Foam Roller</a>	Quads and I-Band			

Week 7 - Day 2				
<b>Warm Up/Prehab</b>	<b>Sets/Reps</b>			
<a href="#">Dynamic Warm Up</a>	2-3 Minutes			
<a href="#">Cuban Press Incline With Figure 8</a>	3 sets of 5 per arm			
<a href="#">Extension Flexion Shoulder Shock</a>	3 sets of 5			
<b>Strength Exercises</b>				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
<a href="#">Bench Press</a>	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Perform each highlighted set of this exercise with a set of each exercise below	0.0	3	3:00	Feel free to add Chains or Bands to the sets of Bench Press
	0.0	3		
	0.0	3		
	0.0	3		
	0.0	3		
<a href="#">Close Grip Bench Press Throw</a>	0.0	3	Rest only after you finish one set of each highlighted exercise	
	0.0	3		
	0.0	3		
	0.0	3		
<a href="#">Clap Push Up</a>	No Load	3		
	No Load	3		
	No Load	3		
	No Load	3		
<a href="#">Dynamic Lat Pull Down</a>	0.0	6	2:00	Make EXPLOSIVE
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
<a href="#">Push Press</a>	0.0	5	2:00	Make EXPLOSIVE
	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
<a href="#">Dual-Action Tricep Band Extension</a>	Choose	6	2:00	
	Choose	6	2:00	
	Choose	6	2:00	
<a href="#">Dual-Action Bicep Curl</a>	Choose	6	2:00	
	Choose	6	2:00	
	Choose	6	2:00	
<b>Recovery</b>				
<b>Recovery</b>	<b>Sets/Reps</b>			
<a href="#">Isometric Chest Hold</a>	2 sets of 30 seconds			
<a href="#">Partner Stretching</a>	2 sets of 30 seconds each			
<a href="#">Laying Relaxation</a>	2:00			

# XLAthlete.com Hockey Off-Season Strength Training

Week 7 - Day 3				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Balance Single Leg Squat	3 sets of 5 per leg			
Overhead Rack Squat	3 sets of 5 with empty bar			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Back Squat	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	2	3:00	
	0.0	2	3:00	
Half Rack Back Squat	0.0	2	3:00	Set rack level to half the depth of your regular back squat
	0.0	2	3:00	
	0.0	2	3:00	
Glute Ham Hyper With Band	Band	6	2:00	
	Band	6	2:00	
	Band	6	2:00	
	Band	6	2:00	
Overhead Sit Up	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
Band Pull Throughs	Band	10	2:00	
	Band	10	2:00	
	Band	10	2:00	
-				
Recovery	Sets/Reps			
Glute Ham Hang	1 Set of 2:00			
Partner Leg Walks	2 sets per leg			
Foam Roller	Glutes and Hams			

Week 7 - Day 4				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Push Up Scapula Shrug	3 sets of 5 per arm			
Tea Cup	3 sets of 5			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Bench Press	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	2	3:00	
	0.0	2	3:00	
Board Bench Press	0.0	2	3:00	Use around 6 inches of thickness
	0.0	2	3:00	
	0.0	2	3:00	
Dumbbell Bent Over Row	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
EZ Bar Curl	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
EZ Bar Throat Press	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
-				
Recovery	Sets/Reps			
Isometric Chest Hold	2 sets of 30 seconds			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			

# XLAthlete.com Hockey Off-Season Strength Training

Week 8 - Day 1				
<b>Warm Up/Prehab</b>	<b>Sets/Reps</b>			
<b>Dynamic Warm Up</b>	2-3 Minutes			
<b>Balance Single Leg Squat</b>	3 sets of 5 per leg			
<b>Overhead Rack Squat</b>	3 sets of 5 with empty bar			
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
<b>Back Squat</b>	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Perform each highlighted set of this exercise with a set of each exercise below	0.0	2	3:00	Feel free to add Chains or Bands to sets of Back Squat
	0.0	2		
	0.0	2		
	0.0	2		
	0.0	2		
<b>Weighted Squat Jump</b>	0.0	3	Rest only after you finish one set of each highlighted exercise	
	0.0	3		
	0.0	3		
	0.0	3		
<b>Hurdle Hop</b>	No Load	3		
	No Load	3		
	No Load	3		
	No Load	3		
<b>RDL</b>	0.0	3	2:00	
	0.0	3	2:00	
	0.0	3	2:00	
	0.0	3	2:00	
<b>Half Bench Curl Up</b>	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
<b>Back Extension With T Pattern</b>	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
Recovery	Sets/Reps			
<b>Isometric Split</b>	2 sets of 30 seconds per leg			
<b>Lying Wall Shakes</b>	2 sets of 30 seconds			
<b>Foam Roller</b>	Quads and I-Band			

Week 8 - Day 2				
<b>Warm Up/Prehab</b>	<b>Sets/Reps</b>			
<b>Dynamic Warm Up</b>	2-3 Minutes			
<b>Cuban Press Incline With Figure 8</b>	3 sets of 5 per arm			
<b>Extension Flexion Shoulder Shock</b>	3 sets of 5			
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
<b>Bench Press</b>	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Perform each highlighted set of this exercise with a set of each exercise below	0.0	2	3:00	Feel free to add Chains or Bands to the sets of Bench Press
	0.0	2		
	0.0	2		
	0.0	2		
	0.0	2		
<b>Close Grip Bench Press Throw</b>	0.0	3	Rest only after you finish one set of each highlighted exercise	
	0.0	3		
	0.0	3		
	0.0	3		
	0.0	3		
<b>Clap Push Up</b>	No Load	3		
	No Load	3		
	No Load	3		
	No Load	3		
<b>Dynamic Lat Pull Down</b>	0.0	5	2:00	Make EXPLOSIVE
	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
<b>Push Press</b>	0.0	4	2:00	Make EXPLOSIVE
	0.0	4	2:00	
	0.0	4	2:00	
	0.0	4	2:00	
<b>Dual-Action Tricep Band Extension</b>	Choose	6	2:00	
	Choose	6	2:00	
	Choose	6	2:00	
<b>Dual-Action Bicep Curl</b>	Choose	6	2:00	
	Choose	6	2:00	
	Choose	6	2:00	
Recovery	Sets/Reps			
<b>Isometric Chest Hold</b>	2 sets of 30 seconds			
<b>Partner Stretching</b>	2 sets of 30 seconds each			
<b>Laying Relaxation</b>	2:00			

# XLAthlete.com Hockey Off-Season Strength Training

Week 8 - Day 3				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Balance Single Leg Squat	3 sets of 5 per leg			
Overhead Rack Squat	3 sets of 5 with empty bar			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Back Squat	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	2	3:00	
	0.0	2	3:00	
Half Rack Back Squat	0.0	2	3:00	Set rack level to half the depth of your regular back squat
	0.0	2	3:00	
	0.0	2	3:00	
Glute Ham Hyper With Band	Band	6	2:00	
	Band	6	2:00	
	Band	6	2:00	
	Band	6	2:00	
Overhead Sit Up	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
Band Pull Throughs	Band	10	2:00	
	Band	10	2:00	
-				
Recovery	Sets/Reps			
Glute Ham Hang	1 Set of 2:00			
Partner Leg Walks	2 sets per leg			
Foam Roller	Glutes and Hams			

Program Designed by Jonathon Janz & Cal Dietz

Week 8 - Day 4				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Push Up Scapula Shrug	3 sets of 5 per arm			
Tea Cup	3 sets of 5			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Bench Press	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	2	3:00	
	0.0	2	3:00	
Board Bench Press	0.0	2	3:00	Use around 6 inches of thickness
	0.0	2	3:00	
	0.0	2	3:00	
Dumbbell Bent Over Row	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
EZ Bar Curl	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
EZ Bar Throat Press	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
-				
Recovery	Sets/Reps			
Isometric Chest Hold	2 sets of 30 seconds			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			