

The background features a stylized hockey logo in shades of purple and blue. The logo includes two crossed hockey sticks at the top, a hockey puck in the center, and two hockey skates at the bottom. The word "HOCKEY" is written in a bold, blocky font across the middle of the logo, flanked by two stars. The text "PEEWEE" is faintly visible above "HOCKEY". The entire scene is set against a background of overlapping circles in various shades of purple and blue.

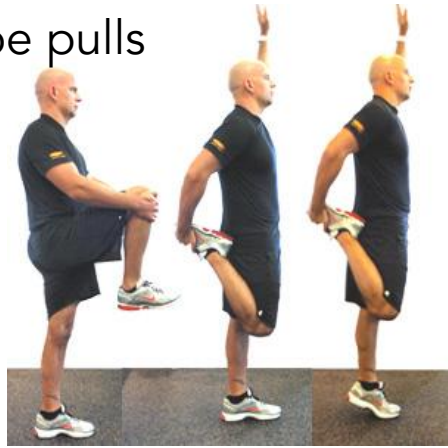
Pee wee and Bantam Muscular Endurance Exercise Plan

Remember

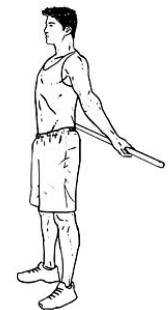
- Begin and end each exercise session with stretching
- Hold each stretch for 30 seconds
- Maintaining proper form while doing exercises is very important
- Since we will be doing circuit training only rest for 30 seconds between exercise sets

Various Stretches

Knee pulls and Toe pulls



Broomstick Stretch



Frankensteins

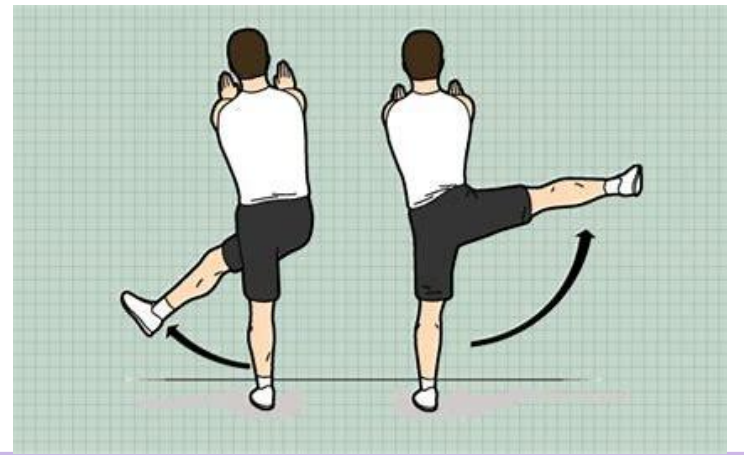


Butterfly stretch

Standing and seated to grabs



Leg Swings



Various Exercises

Long arm crunches



Lateral Plank walk



Glute bridges

Diamond push-up



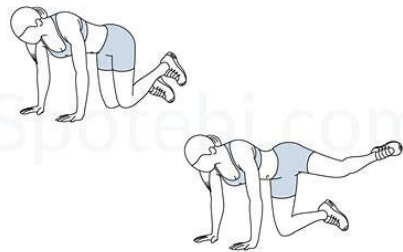
Plie squat



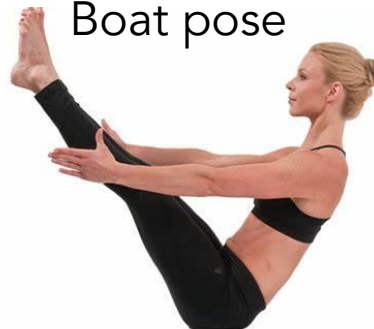
SQUAT
PULSES



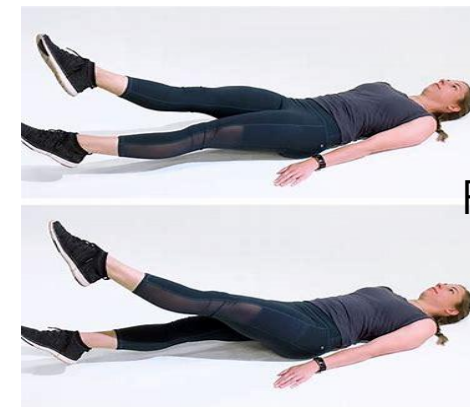
Fire hydrant



Boat pose



Flutter kicks



RUSSIAN TWIST

Week 1 Wednesday: Cardio

- Morning Workout
 - Start with stretching
 - Alternating toe touches, quad stretching, knee pulls, leg swings
 - 5 minute warm up
 - High knees, butt kicks, 25 jumping jacks, 10 burpees
 - Run 1 mile
 - End with stretching
 - Sitting toe touch, seated butterfly, calf stretch against wall
- Afternoon Workout
 - Start with stretching
 - Same stretches done for morning workout
 - Killers
 - Set up 3 pucks, each 50ft apart
 - Run 3 killers. Rest for 30 seconds between killers (this can be done at a jog if needed)
 - End with stretching done for morning workout

Week 1 Thursday: Core

- Stretching
 - Trunk twists, alternating toe touches while standing, standing oblique stretch, cat cow stretch
- 3 sets; each set contains
 - Plank (45 seconds)
 - Oblique crunches (35 taps PER side)
 - Mountain climbers (30 seconds)
 - Long arm crunches (25)
 - Russian twists with some form of weight (35 taps PER side)
- Stretching
 - Seal stretch, cross-over leg stretch
- Remember:
 - Only 30 seconds of rest between sets
 - Maintain form throughout exercise, DON'T GO TOO FAST

Week 1 Friday: Upper body

- Stretching
 - Arm circles (15 sec each way), pull arms across chest, overhead triceps stretch,
- 3 sets, each set contains
 - Side planks (35 sec per side)
 - Standard Push-ups (30)
 - Triceps extensions on chair (25)
 - Lateral plank walk (45 sec)
- Stretching
 - Overhead triceps stretch, arm swings, full arm shoulder rotations
- Remember
 - Only 30 seconds of rest between sets
 - Maintain form throughout exercise, DON'T GO TOO FAST

Week 1 Saturday: Lower body

- Stretching
 - Frankensteins, high knees, leg swings, butt kicks, walking toe touches
- 3 sets, each set contains
 - Standard squats (25)
 - Walking lunges (20 each leg)
 - Wall sits (45 sec)
 - Squat jumps (20)
 - Burpees with push ups(15)
- Stretching
 - Seated toe touches, butterfly, hamstring pulls, hip flexor stretches
- Remember
 - Only 30 seconds of rest between sets
 - Maintain form throughout exercise, DON'T GO TOO FAST
- SUNDAY IS A REST DAY

Week 2 Monday: Cardio

- Stretching
 - Toe touches, seated hamstring stretches, trunk twists
- Warm up
 - Butt kicks, high knees, knee pulls, heel pulls, jumping jacks
- Run 2 miles
- Stretching
 - Repeat pre-workout stretches

Week 2 Tuesday: Core and Lower body

- Stretching
 - Standing quat stretch, seated trunk twists, seated groin stretches
- 3 sets, each set contains:
 - Core
 - Plank taps (25 per shoulder)
 - V-ups (30)
 - Crunches (40)
 - Mountain climbers (50 sec)
 - Burpees (20)
 - Russian twists with weights (35 per side)
 - Legs
 - Glute bridges (25)
 - Fire hydrants (25 per leg)
 - Squat pulses (20 sec)
 - Squat jumps (25)
 - Standing calf raises (20)
 - Wall sits (1 min)
- Stretching
 - Seal stretch, cat cow, hamstring and quad stretches

Week 2 Wednesday: Upper body

- Stretching
 - Overhead triceps extension, cross-body arm stretch, broomstick stretch
- 3 sets, each set contains:
 - Diamond push-ups (20)
 - Plank (1min 30 sec)
 - Side plank with arm extended (35 sec per side)
 - Standard push-ups (20)
- Stretching
 - Repeat pre-workout stretches and add arm circles
- WEEK 2 THURSDAY IS A REST DAY

Week 2 Friday: Cardio and Core

- Stretching
 - Cross-body arm swings, knee pulls, high knees
- Run 1.5 miles
- 3 core sets, each set contains:
 - Sit ups (30)
 - Bicycle crunch (30 sec)
 - Oblique crunches (30 per side)
 - Flutter kicks (30 sec)
 - Forearm plank with twist (35 sec)
- Stretching
 - Seal stretch, seated trunk twist, seated toe grabs

Week 2 Saturday: Lower body

- Stretching
 - Walking toe grabs, side-to-side leg swings, groin stretch, knee pulls
- 3 sets, each set contains:
 - Plie squats (20)
 - Lateral lunges (15 per side)
 - Standing calf raises (15 per leg)
 - Standard squat (20)
 - Donkey kicks (15 per leg)
- Stretching
 - Same as pre-workout stretch
- WEEK 2 SUNDAY IS A REST DAY

Week 3 Monday: Core and Upper body

- Stretching
 - Cross-body arm pull, arm stretch with wall, cat cow, seal stretch, trunk twists
- 3 sets, each set contains:
 - Arms
 - Diamond push-ups (25)
 - Triceps extensions with chair (20)
 - Lateral plank walk (1 min)
 - Stretching
 - Repeat pre-workout stretches
- Core
 - Boat pose (45 sec)
 - Russian twists (35 taps per side)
 - V-ups (30)
 - Sit ups (30)
 - Flutter kicks (45 sec)

Week 3 Tuesday: Cardio

- Stretching
 - 30 jumping jacks, Frankensteins, high knees, butt kicks
- 2.5 mile run
- Stretching
 - Repeat pre-workout stretches, add seated toe grabs
- WEEK 3 WEDNESDAY IS A REST DAY

Week 3 Thursday: Lower body

- Stretching
 - Toe pulls, knee pulls, calf stretch, seated butterfly stretch
- 3 sets, each set contains:
 - Plie squats (30)
 - Standing calf raises (20 per leg)
 - Wall sits (90 sec)
 - Burpees (15)
 - Squat pulses (30 sec)
- Stretching
 - Repeat pre-workout stretches, add seated groin stretch