

Strength Training – in part from Eric Lawson, USA Hockey April/May 2000 & USA Hockey 1998

Although it's important to have good skating form and sport-specific skills, physical abilities developed off the ice are just as important. Physical attributes such as strength, power, speed, agility and explosiveness are important factors to success on the ice. Of the above physical attributes, it is strength that is the basis for all components of physical training. Strength fits into the equation for power and speed development, agility and quickness, conditioning, and flexibility. Stronger athletes have an advantage as it pertains to competition, everything else being equal. With strength being such an important variable as it pertains to hockey, the first place to start your preparation for improved play should be the weight room.

Before you hit the weight room, you should know what you are trying to accomplish though. There are two aspects of strength that need to be considered when discussing strength training; Muscular Power and Muscular Endurance.

First, Muscular Power. The definition of Power = Force x Velocity. Performance is usually determined by the amount of power he/she can produce. A powerful skater is better than a strong skater. A larger, stronger force initiated on the ice at a high velocity will produce a significant amount of skating power.

Muscular Endurance, on the other hand, is the ability to exert a sub-maximal force over a prolonged period of time. A hockey player needs to establish a good muscular endurance base in the early off season so they can endure what lies before them. Your endurance level will indirectly increase as your strength training increases. Muscular endurance can also directly be targeted by performing circuit and/or interval training.

While Muscular Endurance is important, a hockey player needs to work on Muscular Power more than Muscular Endurance. Muscular Power and Strength should be focused on through weight training, plyometrics, and sprints.

Benefits of strength training for kids

– Taken in part from Ed Kubachka – USA Hockey 1997

Muscular Power & Muscular Endurance

Muscular Power is directly increased through strength training, while Muscular Endurance is indirectly increased.

Performance:

The overall athletic performance will be enhanced when you increase and maintain your total body strength levels.

Speed/Quickness:

Increased strength leads to improvement in quickness and speed.

Flexibility:

Strength training helps to increase and maintain your functional flexibility.

Injury Reduction & Recovery:

Not only will strength training reduce the rate and severity of injury, it will improve recovery time when an injury does occur.

Self Esteem:

Successful training can lead to gains in self-esteem and self-image and will improve one's self confidence

Strength Training

Mental Toughness

Increased strength will make you mentally and physically tougher.

Lifelong Health & Fitness:

Strength training can...

Improve your Cardio-vascular efficiency.

Reduce high blood pressure.

Reduce cholesterol level.

Promote positive changes in bone density.

Increase lean body mass.

Keep your percentage of body fat at an acceptable level.

Help maintain a healthy body weight.

Strength Training *Without* Weights

Legs:

Dynamic Flexibility (see Dynamic Flexibility in Warm-up Section)

Stationary Leg Swings

Walking Knees to Chest

Walking Quad Stretch with Reach

Walking Straight Leg Raises

Walking Straight Leg Deadlift

High Knees

Butt Kicks

Skipping or Groin Skip

Carioca or Tapioca

Dynamic Flexibility/Strength Exercises

Stationary:

Stationary Spiderman

Start in push-up position
Have athlete bring the left foot up just outside the left hand

Lift left hand up and try to drop the left elbow inside

Drop the back (right) knee down

1 second hold

Back to push-up position

Repeat for right side

Continue to alternate



Squat

(can be a strength exercise for some people)

Standing up feet wide apart

Keep weight on heel

Sit back into squat

Push the butt back

Keep head and chest up

Hands out in front



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<p>Lateral Squat (can be a strength exercise for some people)</p>	
<p>Same as Squat only push butt back and to left Repeat pushing butt back and to right</p>	

Moving:

<p>Spiderman</p>	
<p>Add movement to stationary Spiderman (crawling) From standing position, reach down touch ground with both hands, then move hands out front until in push-up position Emphasize – weight on hands and butt stays down.</p>	

<p>Lateral Slide Through (Side Lunges)</p>	
<p>Similar to Lateral Squats Start in Squat Advance lead leg Shift weight from trail leg to lead leg Bring trail leg up to lead leg Advance lead leg Shift weight from trail leg to lead leg Stay down – don't raise the level of the hips Keep hands in front</p>	
<p>To add in upper-body flexibility</p> <ul style="list-style-type: none"> • Easy – hands out in front • Hard - hands behind head • Harder – hold stick above head with wide grip 	

<p>Walking Lunges</p>	
<p>Step out directly forward with the left foot and bend left leg until thigh is parallel to the ground. Drive off the front leg back to the starting position. Alternate to the other leg while walking. Do not let the knee move over the foot</p>	

<p>Walking Reverse Lunges</p>	
<p>(opposite of above – walk backwards)</p>	

<p>Walking Crossover Lunges</p>	
<p>Same as Walking Lunges only left foot is placed in front of right thigh (Crosses in front of body) Bend left leg until thigh is parallel to the ground. Drive off the front leg back to the starting position. Alternate to the other leg while walking. Do not let the knee move over the foot</p>	

Strength Training

Squats: Strength Training for the Legs - USA Hockey 2002

“If I only have time to do on lower-body exercise, what should I do?”

Single leg skills, like skating, need single leg exercise. This does not mean that you should stop squatting if you already are, but if you are squatting add the following progression to your program.

Remember that the simple but difficult exercises are the most productive. Don't be fooled into always having to train on machines. Develop the ability to utilize your body weight as the best form of resistance. The world is full of *unsuccessful* athletes built on bench presses and leg presses.

Split Squat (Standing Lunge)

Start with feet far enough apart so that in the bottom position you feel a slight stretch in the hip flexor. Think about keeping your torso upright (hands behind head), and concentrate on dropping the back knee down to the floor without moving the front knee out over the foot.

- Do 3 sets of 8 for each leg.
- Do this twice per week for 3 weeks.
- Minimum of one day between workouts, but ideally two days



One Leg Bench Squat

The difference between the Split Squat and the One Leg Bench Squat is that the athlete no longer has two stable points on the ground. This adds to the difficulty of the exercise by causing more stabilizer development.

- Do 3 sets of 8 for each leg.
- Do this twice per week for 3 weeks.
- Minimum of one day between workouts, but ideally two days



One Leg Squat

The one leg squat is a lower-body exercise program in itself, but takes great strength to execute. Don't get discouraged if you cannot do perfect One Leg Squats on the first try. Holding five pound dumbbells will actually make the exercise easier by allowing the athlete to counterbalance and sit back as they descend

Do not attempt until you have done the previous 6 weeks of Split Squats and One Leg Bench Squats



*** If you are pressed for time, try this progression as a tri-set. A tri-set is a mini-circuit done with one minute between exercises. Add chin-ups and push-ups for a fast but effective total body workout.

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Upper Body:

Dynamic Flexibility (see Dynamic Flexibility in Warm-up Section)

Front Shoulder Rolls

Back Shoulder Rolls

Dynamic Flexibility/Strength Exercises

Front Crawl	
Knees off ground Butt higher than the shoulders The majority of weight should be on the arms Perform the crawl in slow controlled manner	

Back Crawl	
Same as Front Crawl only moving backwards	

Push-ups

Regular Push-ups

Wide Arm Push-ups

Narrow Arm Push-ups

Controlled Push-ups (up full, ½ down, down full, ½ up, up full)

DB Push-ups

Medicine Ball Push-ups (2 balls)

Stability Ball Push-ups (hands on ball)

Stability Ball Push-ups (toes on ball)

Single Arm Alt Medicine Ball Push-ups (1 ball)

Balance Disc/Board Push-ups

Strength Training

Strength Training With Weights

Guidelines/Principles

The following are important guidelines that need to be followed to maximize gains possible from strength training and to minimize the risk involved in strength training for kids.

Is Strength Training for you?

Participation:

Never let anyone force you to participate in something you don't want to do. If you are not comfortable with the idea of strength training, don't let anyone force you to do it.

Medical Exam:

A medical examination is recommended. Consult a physician, especially if you're starting a program for the first time. People with heart disease, high blood pressure, any physical disabilities or those at high risk for these problems should speak to a doctor before beginning physical training.

Designing a Strength Training Program

Frequency:

- **Rest and Recovery:** You must work hard, but you must also understand that your body must have a recovery period. If you lift more than the prescribed amount, there will be detrimental effects and you will actually destroy muscle rather than build it.
- **Post season:** 3X per week,
Off season: 3-4X per week,
Pre-season: 3X per week,
In season: 2X per week on non-consecutive days.
(The second strength training workout should be at least 48 hours pre-competition.)
- **Workout length duration during the off-season should not exceed 1 hour,**
In-season training may only last 30 minutes.
- **Each major body part should be trained 2-3x per week on non-consecutive days.**
- **Splitting workouts:**
Superior results can be obtained from strength training every other day. However, you may split your workouts into lower and upper body but no more than 4 strength training sessions per week are necessary. Train each body part 2X per week. Remember that strength training is only one part of developing the total athlete.
- **Maintain regular training days.**
- **Do not train if you're sick.**

Defining Your Purpose:

What do you hope to achieve by lifting weights? Personal goals will determine the design of the program, including exercises selected.

- **Muscular Hypertrophy (Increase muscle size)**
(Definition: Increase muscle size, or muscle mass.)
Training Method:
Use moderate to heavy weights.
Complete 2-4 sets of 8-12 reps.
Rest 30-90 seconds between each set.
- **Muscular Strength/Power**
(Definition: The maximal force a muscle group can generate in one maximal effort.)
Training Method:
Use weight heavy enough to complete only 3-6+ sets of 2-6 reps.
Rest two minutes between sets.
Weight training with Olympic style lifts (clean and jerk, the snatch or a combination of both) at three sets or under 1-6 repetitions
- * **Muscular Strength vs. Muscular Power**
Many of the movements in hockey require a large force to be exerted over a very short period of time. Force involves muscular strength, or the maximum pulling force of the muscle. The time period involves rate of movement, (speed), or the speed at which the muscles can contract. These

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two factors combine to produce the concept of power. Muscular power refers to the speed at which large forces can be exerted, or the ability to produce the largest possible force in the shortest period of time.

You should focus more on Muscular Power as you get closer to the season.

Number of Exercises:

- **Beginners:** 7-14 exercises; at least one for each major muscle group.
- **Advanced:** Add exercises or variations to the training program as needed to meet specific goals.

Work towards...
8-12 exercises per day,
1-3 work sets per exercise,
10-20 total work sets per workout

Types of Exercises:

- Be complete, incorporating exercises for all major muscle groups, including chest, back, shoulders, arms, upper legs, hips, abdomen and lower legs.
- Promote balanced development of body segments.
- Closed Chain vs. Open Chain exercises - Closed Chain exercises are those where the lifter has one or two feet in contact with the ground or apparatus. Hockey is played, for the most part, on one leg. Since strength training should be as sport specific as possible, Closed Chain exercises are more functional towards our game because they involve more than one joint at a time. Open Chain Exercises usually involve only one joint or muscle group. These types of exercises are typically used at the earlier stages of rehab and are not as functional to a healthy athlete.
- If you are unable to perform any of the exercises because of lack of equipment, injury or any other valid reason, simply replace that exercise with another exercise that works the same muscles with a similar movement pattern.
- Remember that the body is the ultimate freeweight.

Exercise Order:

- In general, you should exercise larger muscle groups (chest, back, hips/thighs and shoulders) before small ones (calves, arms, forearms and grip).
- Complete power “explosive” exercises first (ie: hang clean, snatch pull.)
- Alternate push with pull exercises. Exercises that extend a joint (require lifter to “push”) are alternated with an exercise that flexes the same joint. (require a lifter to “pull”.) For example, do bench press and then dumbbell row.
- Do multi-joint movements such as bench press (shoulder and elbow joints are moving) before single-joint movements such as flys (only the shoulder joint is active.)
- Complete all of the exercises for one body segment before moving on to the next.
- If splitting workouts (working different body parts on successive days), work complementary body segments during the same workout such as chest and triceps, or back and biceps.
- Alternate upper with lower body exercises.
- If you are working out to a prescribed program, always perform the exercise in the order they are written. They are usually written that way for a reason

Continual Challenge:

The “overload” principle is the key to improvement in a weight training program. It states simply that the body adapts to the physical demands placed on it. These demands must be increased for continued improvement. In other words, you have to gradually and progressively make some aspect of the program harder to continue to challenge the muscles.

Overload Techniques

- Make changes in the basic training variables, such as sets, reps, resistance or rest intervals.
- Change the other training variables such as frequency of workouts, number of exercises completed, exercise selection for the same muscle group or the order of exercise completion.

Guidelines for Progression

- Increase only one training variable at a time.
- Training variables influence each other. For instance, if resistance is increased significantly, repetitions will decrease and recovery periods must be increased.

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- It may be necessary to initially decrease reps when a set is added.
- Increase resistance to maintain the number of reps for the selected training method when all sets and repetitions are accomplished at a given resistance with only moderate exertion.
- Do not overload or lift to maximum ability during every workout.
- Weight training programs, if not changed once in a while, decrease in efficiency due to a plateau or flattening effect of adaptations in the body. Therefore, a few changes should be made to a program every 4-8 weeks for continued great results.

Number of Sets/Reps:

Number of Reps

- Any repetition range from 5-20 will work well as long as you are consistent in your form and effort. Avoid changing rep ranges too frequently, as this will not allow your body to adapt to a specific stimulus. On the other hand, a change in reps may be all you need to break out of a strength plateau.
- The athlete should be able to perform at least five repetitions in each set. If that is not possible, the weight is too heavy.
- Momentary Muscle Fatigue (MMF) is reached when the athlete can no longer properly raise another good repetition. Each set must be performed with an all out effort to MMF.

Number of Sets

- The number of work sets can vary from 1-6. This does not include warm-up sets. You can use a wide variety of sets and reps (see Possible Schemes below). The key ingredient in each is perfect form and intensity.

Warm-up Sets

- To prepare your muscles, tendons, ligaments and mind for intense training it is sometimes necessary to do a few warm-up sets.
- These sets need to be done before a multi-joint exercise which is performed early in the workout (i.e. Benchpress, Squat, Deadlift), and should prepare you, not tire you out.
- Progressively add weight to each warm-up set and perform between 1-8 reps as needed.
- The heavier your first work set, the more warm-up sets you will need.
- Example, for a squat workout where 405 lbs x 10 is the first work set, the warm-up sets should be as follows: 135 lbs x 8, 225 lbs x 5, 275 lbs x 3, 315 lbs x 1, 365 lbs x 1, 405 lbs (work set) x 10

Possible Set/Rep Schemes

1. Range Sets (10-15, 8-12, 6-10)

Perform maximum reps using a weight so that the reps achieved fall into the prescribed rep range (i.e. pick a weight so you can achieve the minimum number of reps required.) If you can not achieve the required number of reps, lower the weight by 10-15% to achieve the reps within the range. If the top number of reps are achieved on the first set, continue on to sets 2 and 3, but add 5-10% for your next workout.

Advanced Techniques

Use the following techniques immediately after the range sets

50% Sets: After performing the 1st set to fatigue, rest 1:30 and use the same weight for a second set. Again perform as many reps as possible; the goal is to complete 50% of the reps achieved on the 1st set.

Regression Sets: After performing the 1st set to fatigue, rest 1:30 and reduce the weight by 25%. Again perform as many reps as possible, with the goal being reps achieved in the same range as the 1st set.

Breakdown Sets: After performing as many reps as possible, immediately reduce the weight by 25% and continue performing reps to fatigue. Rest should be minimal. With the range sets, perform the breakdown on the last set only.

2. Total Rep Sets (40 Total Reps, 20 Total Reps)

Perform sets of 8-10 reps until the desired total number is achieved. Take 30-40 seconds rest between each set. Once all reps are achieved with a minimum number of sets (4 sets for 40 Total, 2 sets for 20 Total), add weight.

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3. Same Weight Sets

3 x 10, 3 x 6:

Use the same weight for all sets.
Once all reps are achieved add 10% for your next workout.

15/10:

Use a weight such that 15 reps is difficult and could not be repeated.
Once 15 reps and 10 reps are completed add 5-10% for your next workout.

Amount of Weight:

- Initially, all new exercises should be taught and learned with no or very little resistance.
- Weight can be added in small, gradual increments only after proper form has been learned.
- Maximum lifts should not be attempted.
- Progressive Overload
 - The strength training plan is based on the progressive overload principle. Athletes will improve in strength by slowly and periodically adding resistance to the body. The body adapts to these stresses by becoming stronger.
 - Start with a wide variety of body weight exercises. Then progress to light weights, do not rush!! A 2.5 pound increase per week over a year results in a total increase of 130 pounds.
 - Ultimately you want to get to the point where you are lifting as much weight as possible. The weight used should be heavy enough to make the set very hard, but not too heavy where you are unable to reach the goal number of reps without assistance or cheating on a rep.
- Light Weeks

You cannot train at a high intensity indefinitely. You must allow your body and mind to rest in order to make continuous progress. Plan “Light weeks” into your training. Lift at a high intensity for three weeks and use the fourth week for recovery. That does not mean you do not lift at all, you just take it a little easier. You must resist temptation to add weight during the light weeks.

Strength Training is not a competition:

- Competition should be prohibited. Strength training is not about seeing who can lift the most weight, it is about training to become a better hockey player. The only one you should be competing with is yourself.
- Don't compare yourself to others. Each person develops and improves at a different rate.

Preparing to Lift

Safety:

- The equipment and environment must be safe.
- Wear appropriate footwear and clothing.

Spotters/Partners:

- Always have a spotter and/or adequate supervision present.
- Partner up with someone so that every repetition of each exercise is supervised to guarantee proper execution.
- Responsibilities of the spotter include:
 - Prevent injury: no arching, bouncing or jerking the weights
 - Verbally encourage the lifter to exert ALL OUT EFFORT!
 - Make the workout as hard and as intense as possible for the lifter!
 - Record the workout data card
 - Only record the good reps lifted, negative reps do not count

Warm-up:

- Every strength training workout should be preceded by a warm-up and stretching session.
- Warm-up

A thorough warm-up will increase blood flow to joints and muscles, increase freedom of movement and reduce the risk of injury. Use a low intensity aerobic activity for your warm-up. The warm-up should take a minimum of 5 minutes and the athlete should break a sweat.
- Flexibility Training

Short duration dynamic stretches should be performed before each of your strength training sessions.

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- Static Stretches
Brief Static Stretches may be performed before appropriate exercises
(Longer static stretches should be performed at the end of your work out, during your cool down.)
- Do not neglect flexibility training. Not only will stretching help to prevent injuries and improve speed, many lifts are difficult to perform without adequate flexibility.
- Stretch between weight training exercises whenever muscles feel overly tight.
- Use Warm-up Sets as appropriate

Qualified instruction:

- Qualified instruction is imperative. Make sure that you have been properly instructed before attempting a new exercise. Improperly executed lifts can be very damaging.

Form:

- Perfect form is a must, there are no excuses for performing an exercise or lifting weight without perfect form. Do not sacrifice form for heavy weights. It typically leads to injury.
- Ask questions if you do not know how, if you don't something will usually go wrong.
- Use a good grip. Hands should be equidistant with a closed grip.
- Always lift from a stable position.
- Inhale before lifting.
- Perform in a slow, smooth and controlled manner. (except Olympic lifts)
- Emphasize the lowering of the weight
 - You can lower approximately 40% more weight than you can raise, so do not waste this part of the exercise.
 - Lifting the weight is only half the exercise. Lower the weight in a controlled manner. Allow the muscle to lower the weight, and do not drop the weight.
 - The muscle that lifts the weight is the same that lowers it. Use a 3-5 second count while lowering the weight on every rep. It should take you twice as long to lower a weight as it did to raise it.
 - Allow 8 seconds on the negative reps.
- Keep the weight close to the body.
- Exhale as the weight passes through the "sticking point."
- Full Range of Motion
Every rep of every exercise should be performed through a full range of motion (all the way up, all the way down). This will strengthen the whole length of the muscle as well as adding functional flexibility.
- Do not cheat! Allow the muscle to raise and lower the weight. Eliminate arching, bouncing, throwing and jerking movements while moving a weight.
- If you have to cheat to perform a rep, then the weight is momentarily too heavy. Do not count cheated reps.
- Pay close attention to body alignment. (knee tracking, lordotic curve, head neutral, weight distribution)
- Avoid rounding the lower back.
- Use leg muscles, not lower back, to lift.
- Overhead pressing movements are to be done with the knees bent, hips pushed back, and head forward in order to reduce the strain on the lower back.
- In any type of squat motion the knees must remain over the ankles as the hips move down and back so that the thigh bone is parallel to the floor/ice.

Rest Intervals:

- Rest 1:00-2:00 minutes between sets of the same exercise.
- Rest between exercises should be minimal but allow enough time to mentally prepare for a maximum effort.
- Do not waste time chatting or socializing during a workout. This reduces intensity and negates the conditioning effect.

Record all Workouts:

- Recording workouts allows you to challenge yourself and keep progress of your gains, otherwise your training will be haphazard and unproductive.

Cool Down:

- At the end of the workout, cool down to adequately recover and reduce later muscle soreness.

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- Begin with a low intensity aerobic activity.
- Flexibility Training
 - Longer static stretches should be performed after each work out.
 - Hold each post work out stretch 45-60 sec.
 - Remember to stretch slowly, under control and without bouncing or jerking and breathe normally. Stretch until you feel gentle pressure but not pain. Repeat additional times if an area seems unusually tight. Avoid stretches that are uncomfortable or hurt.

Strength Training Warm Ups

A thorough warm-up will increase blood flow to joints and muscles, increase freedom of movement and reduce the risk of injury.

A good indication of a good warm-up is a light sweat.

Lower Body

Aerobic Activity

5-10 minute Jog, Bike, Jump Rope

Dynamic Flexibility

(1) x 10 yds each

Stationary Leg Swings
Walking Knees to Chest
Walking Quad Stretch with Reach
Walking Straight Leg Raises
Walking Straight Leg Deadlift
High Knees
Butt Kicks
Skipping or Groin Skip
Carioca or Tapioca

Dynamic Flexibility – Strength

Pick (4) 1 x 10 ea

Stationary Spiderman's
Stationary Lateral Squats
Moving Spiderman's
Lateral Squats
Lateral Slide Through
Lateral Slide Through with Spin
Walking Lunges
Walking Reverse Lunges
Walking Crossover Lunge

Static Stretching:

Muscle specific stretches before appropriate exercises

Warm-up Sets:

Use warm-up sets as appropriate.

Exercise Selection

Lower Body Workout

Squats/1 Leg/Other

a. Double Leg Squatting

b. Single Leg

Split Squats (Standing Lunges)

1 Leg Bench Squat

1 Leg Squat

c. Other

Leg Press

4 Way Hip

Flexion

Upper Body

Aerobic Activity

5-10 minute Jog, Bike, Jump Rope

Dynamic Stretching

2 x 10 each

Front shoulder rolls
Back shoulder rolls
Front Crawl
Back Crawl

Push Up Variations

Pick (2)

<u>Reps</u>	<u>Name</u>
20-30	Regular Push-ups
20-30	Wide Arm Push-ups
10-15	Controlled Push-ups
20-30	DB Push-ups
20-30	Medicine Ball Push-ups
20-30	Stability Ball Push-ups
20-30	Stability Ball Push-ups
10-15	Single Arm Alt Medicine Ball Push-ups
10-15	Balance Disc/Board Push-ups
10	Wall Push-ups

Static Stretching:

Brief Shoulder Stretches before workout
Muscle specific stretches before appropriate exercises

Warm-up Sets:

Use warm-up sets as appropriate.

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- Extension
- Abduction
- Adduction
- Glute Ham Raises
- Hyperextensions
 - w/ twist
 - w/o twist
 - 1 Leg (more advanced)
 - 1 Leg w/twist
- Reverse Hyperextensions
 - unloaded
 - loaded
 - (machine, SB, MB, PR)
- Calves

Upper Body Workout

Pressing/Pulling

a. Pressing

- Push Ups
- Dips/Bench Dips
 - Add Weight
- Bench Press
 - flat
 - incline
 - dumbbells
 - narrow vs. wide vs. neutral grip
- Overhead
 - DB Military
 - Standing Military

b. Pulling

- Chin Ups
- Pull Ups
- Towel Grip, V Grip, Neutral Grip
- Inverted Row (close, wide, under, over, towel)
- DB Row
- Barbell Row
- Upright Row
- Shrugs

Other

a. Auxiliary

- Shoulder FLB
- DB Hammer Curls
- Lying DB Extensions
- Hyperextension

b. Forearm Exercises

<u>Reps</u>	<u>Name</u>	<u>Description</u>
burnout	Wrist Curls	Sit with 45 lb bar on flat bench or stand with bar behind back
	Wrist Roller	Roll 5 lb or 10 lb plate up/down string on handle
	Plate Holds	Hold one 35 lb/45 lb plate in each hand at side
	Finger Pulldowns	For grip strength, pulldown wide bar on cable using <i>only</i> your fingertips – similar to tricep pressdown except only using finger tips – elbow pivot

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Sample Weight Training Workouts:

Sample 1

Day 1

Single Leg Squats
Wide Back Squats
DB Incline
Squat Lat Row
Straight Leg DL

Day 2

Single Leg Squats
Front Squat
Bench Press
Pull-up or Lat Row
Lunge (each leg)
DB Str. Leg DL
2-Way Wrist Curls

Day 3

Front Squat
Deadlift
Shrugs
DB Bench Press
Pull-ups
Lat Pulldown
Arnold Press
Dips
Hammer Curl
2-Way Wrist Curls

Sample 2

Day 1

Push Press
Back Squat
45° BB Incline Press
Lat Pull Down
SL Leg Curl
Tricep Pushdown
Bar Curl

Day 2

Bench Press
BB Bent Over Row
Alt BB Step Up
BB Sumo SLDL
Db Side Lunge (2Db)
EZ Lying Tricep Ext
Db Hammer Curl

Day 3

Hang Clean
Front Squat
Speed Bench w/pause
Horizontal Pull Up
Db X Lunge
Close Grip Bench
Bar Cur

Sample 3

Day 1

Bench Press
Lat Pull Down
Upright Row
Seated Row
Back Squat/Hip Sled
Forward Lunge (DB)
Wrist Roller

Day 2

Bench Press
DB Military Press
Single Arm DB Row
Back Squat/Hip Sled
Side Lunge (DB)
Wrist Roller

Day 3

Bench Press
Lat Pull Down
Upright Rows
Seated Rows
Forward Lunge (DB)
Side Lunge (DB)
Wrist Roller

Sample 4

Day 1

Squat
Lunge
Bench
Pulldown
Bar Curls
Bench Dips
Wrist- Supe & Prone

Day 2

Squat
Step-ups
Push-ups
DB Rows
DB Curls
Pressdown
Wrist Rolls

Day 3

Squat
Lunge
DB Bench
Chin-ups
Hammer Curl
Lateral Raise
Front Raise
Hamstring

Sample 5

Day 1

Squat
Lunges
Hamstring Curl
Bench Press
Front Pull downs
Wide-Grip Seated Row
Low-Back Extensions

Day 2

Sumo Squat
Step-ups
Standing Calf Raises
DB Bench Press
Reverse-grip Pull downs
DB Rows

Low-Back Extensions

Day 3

Leg Press
Diagonal Lunges
Standing Calf Raises
Machine Bench Press
Narrow-Grip Seated Rows