



Dryland Fitness Training

Equipment required:

- Athletic shoes and comfortable loose-fitting clothing
- Smooth floor – Striding pads or old hand towels

Source material:

USA Hockey recommended

Frequency and duration:

- These workouts could be performed two days a week – doing this after hockey practice or games before showering is probably ideal
- Plan to spend 15 - 20 minutes (including rest periods between reps)
- Log your workouts if you wish

Training Routine - Day 1 of the Week:

1. Dynamic warm up – the same warm up we do before every game
2. Push ups (2 sets) – <https://www.youtube.com/watch?v=6-dEIE7kJY>
3. Pulls ups (2 sets) – 10 to 20 pull ups
1 set with palms toward head & 1 set with palms away from head
4. Skating Stride Exercises (5 exercises) – <https://www.youtube.com/watch?v=Ai0-qDqZbbo>

Training Routine - Day 2 of the Week:

1. Dynamic warm up – the same warm up we do before every game
2. Curtsy Squat with Reach (10 reps & 2 sets) – <https://www.youtube.com/watch?v=ROw56XinWek>
3. High Plank with Shoulder Tap (10 reps & 2 sets) – <https://www.youtube.com/watch?v=LhxQUx7GuNo>
4. Base Pogos (count to 10 = 1 rep; 2 reps & 2 sets) – <https://www.youtube.com/watch?v=qARPvoUIS2c>
5. Jump Squat to Broad Jump (10 reps) – <https://www.youtube.com/watch?v=aA4zWWdeQHg>