



The Hockey Academy
Off-Ice Challenge 2020 - Week 1

Week 1	Exercise	Muscle Group	Sets/Reps	Monday	Wednesday
1	Squat Jump	Lower Body Power	3x8		
2	Backwards Inchworm	Core / Upper Body	3x6		
3	Squats	Lower Body Strength	3x15		
4	Push Ups	Upper Body Strength - Push	3x8		
5	1-Arm Partner Towel Row	Upper Body Strength - Pull	3x10/side		
6	Bear Crawl (5yd Square)	Full Body	3x's		
Sprints					
1	6x15yds	Full Body	6x		
	Note: walk back for recovery				
Conditioning					
1	150yd Shuttle	cones 25yards apart	2x		
	Rest: 90 seconds	up and back 6 times			



www.GoTopFitness.com | www.TheHockeyAcademy.com

	Bkward Inchworm to Toe Touch			
	Increase reps every week			
	new exercises everyother			
	Squat hold then Squats			