

Milton Academy Hockey

Summer Strength Training

Core Lifts are Hang Clean, Bench Press and Squat.

RM refers to rep. max which you can easily look up on the enclosed sheets.

Phase I: 06/14/04 - 07/09/04 (4 weeks)

Core Lifts: 4 x 6 (10,10,8,8 RM) Rest periods 2 min.

Auxilliary Lifts: 3 x 12 (15 RM) Rest periods 1 min.

Phase II: 07/12/04 - 08/06/04 (4 weeks)

Core Lifts: 5 x 4 (8,8,6,6RM) Rest periods 2.5 min

Auxilliary Lifts: 3 x 10 (12RM) Rest periods 1 min.

Phase III: 08/09/04 - 08/27/04 (3 weeks)

Core Lifts: 5-6sets x 2-4 reps (6,5,5,4,3,2RM) Rest periods 3 min.

Auxilliary Lifts: 3 x 8 (10RM) Rest periods 1 min.

Med Ball Workouts:

*Select exercises from Med Ball menu.
Alternate exercise through the summer with an
emphasis on trunk twisting motions.*

Phase I: 3 sets of 25
PhaseII: 4 sets of 30
Phase III: 5 sets of 35

Core Workout:

*Hold bridge for 20 seconds.
Complete two reps. of each.
Add 10 seconds for each phase.*

1. Double Elbow Bridge
2. Left Elbow Bridge
3. Right Elbow Bridge