

**BVHS Off Ice**  
**Conditioning Phase # 1**  
**June 1 – July 15**



“Some may have more talent, but there is no excuse for anyone working harder than you” John Tavares

<b>BVHS Phase 1 Work Out Schedule</b>		
<b>Day</b>	<b>Workout</b>	<b>Core and Cardio</b>
Day # 1- Mondays	Chest, Triceps and Legs	100 M Sprints x 20
Day # 2- Tuesdays	Lats, Shoulders and Legs	Core Workout
Day # 3- Wednesdays	Monster Full Body Circuit	NA
Day # 4- Thursdays	Biceps, Back and Legs	Plyo's
Day # 5- Fridays	Off	Off
Day # 6- Saturdays	60 Minute Jog, Bike or Roller Blade	Core Workout
Day # 7- Sunday	No Weights	Core Workout

For days when you need the extra push to work out, [click here](#) for Hockey's best motivational video.

### **Warm Up**

A pre workout warm up helps to decrease the chance of injury during a work out and it also helps to increase a player's overall flexibility.

Prior to each day's work out, [click here](#) and complete this pre workout routine.

**“Hard Work Beats Talent, When Talent Doesn't Work Hard” – Tim Notke**

## BVHS Day 1 - Mondays - Chest, Triceps and Legs

Date													
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
<b>Dumbbell Bench Press</b>													
<b>Tricep Extensions Using Dumbbell</b>													
<b>Dumbbell Bench Press On Ball</b>													
<b>Dips Using Body Weight off Bench</b>													
<b>Dumbbell Fly's Using Ball</b>													
<b>Triceps Press Downs</b>													
<b>Double Leg Curls On Ball</b>													
<b>Dumbbell Lunges</b>													

Focus on doing 8-12 reps for each set. Pick a weight that you can do at least 8-12 reps. Remember that technique is more important than rep counts. When doing the exercise it is important that proper technique takes place and that each exercise is done slow and in control at all times.

**“Let me start by issuing you a challenge. Be better than you are. Set a goal that seems unattainable, and when you reach that goal, set another” Herb Brooks**

## BVHS Day 2 - Tuesday - Lats, Shoulders and Legs

Date													
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
<b>Dumbbell Squat Shoulder Press</b>													
<b>Dumbbell Row off bench</b>													
<b>Lat Pull Down on Machine</b>													
<b>Dumbbell Side Lifts (Raises)</b>													
<b>Dumbbell Seated Shoulder Press On Ball</b>													
<b>Seated Leg Lifts on Machine</b>													
<b>Squats on Bosu Ball- Use Dumbbells when technique is perfected</b>													
<b>Abductor Machine (Legs go outwards)</b>													

Focus on doing 8-12 reps for each set. Pick a weight that you can do at least 8-12 reps. Remember that technique is more important than rep counts. When doing the exercise it is important that proper technique takes place and that each exercise is done slow and in control at all times.

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### BVHS Day 3 - Wednesday - Monster Circuit

Date												
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Monster Circuit												

[Click Here](#) to link to the online PDF of the Monster Full Body Circuit.

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### BVHS Day 4 - Thursday - Biceps, Back and Legs

Date												
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dumbbell Curls												
Seated Rows on Machine												
Dumbbell Side Curls												
Deadlifts												
Cable Curls on Machine												
Back Extensions off Ball												
Hockey Strides- 15 Per Each Leg												
Adductors- Legs go Inwards												

Focus on doing 8-12 reps for each set. Pick a weight that you can do at least 8-12 reps. Remember that technique is more important than rep counts. When doing the exercise it is important that proper technique takes place and that each exercise is done slow and in control at all times.

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## BVHS Cardio Tracking Document

Type	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Cardio 45-60 Minutes														
Plyo's														
100 M Sprints- 1 x 10 x 2														

Cardio 45-60 Minutes- Go for a jog, bike ride or rollerblade for 45-60 minutes to the point where it gets your heart rate up.

[Click Here](#) for the PDF outlining the Plyo Drills.

Sprints- Run 100 Meters and walk back to the start line. Repeat this 10 times without taking a break. After you have done this 10 times take a 5 minute break and repeat for another 10 times.

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## BVHS Core Workout for Phase # 1

Date												
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
<b>Kneeling on Ball</b>												
<b>Push Up Off Ball - Feet on Ball</b>												
<b>Windshield Wipers Ball Between Feet</b>												
<b>Superman's on Ball - Alternate Arm and Leg</b>												
<b>Wall Ball Squat</b>												
<b>Ball Roll In Crunch</b>												
<b>Drawbridge - Ball Between Feet</b>												
<b>Plank Circles On Ball</b>												

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