

BVHS Off Ice Conditioning Phase # 2

July 16 – Aug 31



Excuses will always be there for you.
Opportunities won't be.

BVHS Phase 2 Work Out Schedule		
Day	Workout	Core and Cardio
Day # 1- Mondays	Full Body Work Out - High Intensity	NA
Day # 2- Tuesdays	Gauntlet	Core Workout
Day # 3- Wednesdays	Full Body Work Out- Weight Specific	Plyo's
Day # 4- Thursdays	45 Minutes Ladder Drills	Core Workout
Day # 5- Fridays	Full Body Work Out - High Intensity	NA
Day # 6- Saturdays	Off	NA
Day # 7- Sunday	100 M Sprints 1 x 10 x 2	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.

For Days 1 and 5 Focus on doing 10-15 reps for each set. Proper Technique is important, but this phase is about increasing muscle strength through interval training so speed is important. Push yourself to the point of exhaustion.

**“If its important to you, you will find a way.
If not, you will find an excuse”**

BVHS Day 1 and 5 - Full Body Work Out - High Intensity

Date												
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Split Squats Using Barbell												
Box Blasts (Lunge Jumps on Box)												
Box Jumps												
Push Ups off Bosu Ball												
Clean, Jerk and Press- Barbell Light Weight												
Gorilla Slams Using Med Ball												
Single Foot Toe Touches on Bosu Ball												
Stride Jumps												
Alternating Rope Waves With Squats												
Single Arm Curl- Press using Dumbbell												

“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 - Monster Ball Circuit

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

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

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BVHS Day 3 - Mondays - Full Body Work Out

Date												
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dumbbell Bench Press												
Tricep Extensions Using Dumbbell												
Seated Lat Pull Downs												
Dumbbell Squat Shoulder Press												
Dumbbell Curls												
Seated Rows on Machine												
Double Leg Curls On Ball												
Dumbbell Lunges												
Hockey Strides- 15 Per Each Leg												

Focus on doing 8-10 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 Phase # 2

Type	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Gauntlet														
Plyo's														
Ladder Drills														
100 M Sprints- 1 x 10 x 2														

Gauntlet- [Click Here](#) for plan.

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

Ladder Drills- [Click Here](#) for drill ideas. Pick drills that you feel you need to work on.

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 # 2

Date												
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Kneeling on Ball												
Push Up On Ball												
Standing Squats on Ball												
Superman's on Ball - Extend Arms and Legs at Same Time (Belly Button on Ball)												
Single Leg Raises Off Ball												
Opposite Arm and Leg Lifts (Back on ball)												
Knee Tucks Using Ball												
Ski on Ball												

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