



The
Ultimate Guide to
**WEIGHT
TRAINING**
for
HOCKEY

second edition



sportsworkout.com

CONTENTS

Part I	HOCKEY-SPECIFIC TRAINING	
	Introduction	9
	Off-season Program.....	10
	Preseason Program	17
	In-season Program.....	19
Part II	GETTING STARTED.....	33
	Warming Up.....	35
	Cooling Down	36
	Abs	37
	Stretching	45
	Proper Form.....	51
	Proper Breathing	52
Part III	RECOMMENDED EXERCISES	53
	Substituting Similar Exercises.	55
	Chest Exercises	55
	Back (Lats) Exercises	62
	Shoulders Exercises	68
	Triceps Exercises	78
	Biceps/Forearms Exercises.....	83
	Legs Exercises.....	89
Part IV	THE NECESSITIES	97
	Perfecting Your Technique	99
	Estimating Your One-Rep Max	100
	The Different Folks, Different Strokes Principle	107
	Overtraining and Staleness	108
	The Declaration of Variation	110
	Muscle Fibers.....	112
	Training Techniques	114
	When to Increase.....	117

Safety Reminders	124
Record Keeping	126
Test Yourself	129
Conclusion	129
Part V SUPPLEMENTAL 4-WEEK PROGRAMS	131
Endurance/Stamina/Fat-burning Programs	133
General Fitness/Power Programs	147
Strength Programs.....	161

Part I



Hockey Specific Training

*With Weight Training, Knowledge is the
Key to Success*

INTRODUCTION

By opening *The Ultimate Guide to Weight Training for Hockey*, you have taken your first step towards achieving your athletic potential. This book is loaded with the most up-to-date sports weight training information and features a year-round hockey-specific weight-training program. Upon completion of the text, you will know how to properly, safely, and effectively perform over 80 exercises and you will be ready to begin your training.

The true importance of this book lies in the hockey-specific programs found later in this section. They were created for one reason and one reason only; to improve your hockey-playing potential. They do this by increasing your strength, explosion, power, and flexibility in the parts of your body that are most important for hockey. Each program has been synergistically created to supply you with the advantage you will need to beat out your teammates and to outperform your opponents. By following the programs, you will build your muscles with size and strength as well as explosion, power, and agility. When the season begins, you will be physically prepared and mentally ready to compete at the highest of your potential. This book also includes 54 separate four-week weight-training programs to provide you with a near unlimited supply of expert-developed weight training programs.

The programs were constructed in such a way that you will be on the top of your game the day the season starts and you will be able to maintain your strength and power throughout the season. The off-season program is set up as a two-day split, four days per week, which means you train all of your muscle groups over the course of two training sessions followed by a rest day. The off-season is where you will build your foundation of strength and power. The preseason routine is designed to further enhance your physical abilities enabling you to peak with strength and power at the onset of the

OFF-SEASON TRAINING

The off-season is the time in any sport to build up your muscles, become stronger, and more powerful. The off-season program consists of four different four-week routines cycled together to build both absolute strength and explosive power. The first and third routines are designed for you to put on size and strength while the second and fourth programs are designed for power and explosion.

Variation is one of the keys to a great workout program. The most important reason to vary your routines is so you can continue making progress and gains. Your body will eventually adapt to any routine it's on, so it is very important to change routines once your gains have stopped and your strength has peaked. Four weeks is the most effective time period to follow any one routine. For more information on the importance of variation to weight training, see the section *The Declaration of Variation*.

It cannot be stressed enough that during the off-season, you must supplement your weight-training activities with some sort of hockey-specific activities to keep your body in proper shape. You must continue to practice your skills throughout the off-season to help keep your body loose and ready to compete during the next season.

STRENGTH TRAINING

The stronger the vital areas of your body are, the better off you will be. Although some muscles are more important than others, every muscle in your body needs to be well trained.

Five important aspects to strength training that the book provides:

Compound exercises: Each program contains many compound exercises, that is, an exercise (such as squats, bench presses, and lat pull downs) that trains two or more muscle groups. Most exercise and strength-training experts agree that compound exercises are the most efficient exercises for building strength and size.