



# 2022 WORKOUT PROGRAM

Name \_\_\_\_\_ Group \_\_\_\_\_

Parent Signature \_\_\_\_\_ Week \_\_\_\_\_

- Each Exercise Day will start with a few stretches that allow your body a chance to warm up. You know your body and you should make every effort not to start your program cold.
- Our Program will start with a 4 Day a week Workout Plan. After week 6, you will be required to add an extra Day for a 5 Day workout Week.
- Our exercises will all consist of drills that encompass our skating beliefs that speed and power create momentum.
- Each Daily Program should be completed in under 30 Minutes. If this takes you longer, you MUST eliminate the breaks.
- All exercises are to be done continuously. You will take a 60 second Rest between sets/ All Exercises will be done 3 Times/ After week 6, all exercises will be done 5 Times.
- All Exercises will be done for one (1) minute Continuously with 15 seconds to change stations.

## Program 1 Do Program 3 Times

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
• Proper Star Jumps							
• Flutter Kicks							
• 15 Yard Sprint / Proper Arm Movement / Drive with Your Shoulders / Arms 90 Degrees							
• Pushups to Failure							
• 3 Minutes Hard Skipping							

## Program 2 Do Program 3 Times

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
• Lateral Drive Explosion Jumps / opposite leg and arm							
• Bear Crawl							
• Split Jacks							
• 15 Yard Sprint / Proper Arm Movement / Drive with shoulders							
• 3 Minutes Hard Skipping							

## Program 3 Do Program 3 Times

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
• Push Up to Inchworm							
• Plank To Low Squat							
• Mountain Climbers							
• Standing Long Jump							
• Fast Feet							
• 3 Minutes Hard Skipping							

These Exercises must be done at High Output / High Tempo | These will be taxing so push yourself to your BEST ability and understand this program is YOU vs YOU.

CHALLENGE YOURSELF TO IMPROVE DAILY!