

# Hockey Strong Upper Body Workout

Name: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_



Set 1      Set 2      Set 3      Set 4

Plyometrics - Incline Push Up Throws	2-3 x 5-8					
A1) Standing Row	3-4 x 6 -12					
A2) Band Pull Apart	3 -4 x 10					
B1) Medium Grip Pulldowns	3-4 x 6-10					
B2) Shoulder External Rotations	3-4 x 10					
C1) Flat Bench Dumbbell Bench Press	3-4 x 6-12					
C2) Shoulder Protractions	3-4 x 10					
D1) Landmine Single Arm Shoulder Press	3-4 x 10					
D2) Shoulder Abduction External Rotation	3-4 x 10					

## Instructions:

- 1) This is a push up performed off a bench with an upward motion propelling you off the bench, catching yourself at the bottom.
- 2) Standing with slight bend in the knees pull cable or band back, so elbow is even with your side. Let arm stretch forward on return.
- 3) As you pull band apart keep the ribs down and don't let them flare up by arching lower back.
- 4) Get a good stretch in the lats in the top of the position. Don't arch back.
- 5) This is best performed with a tennis ball piched between the elbow and your side. Don't let the ball fall.
- 6) Control the dumbbells going up and down and do not let the hands veer off to the side on the way up.
- 7) Only the shoulders move in this movement. The elbows shouldn't bend.
- 8) This movemnt is a shoulder friendly exercise performed with the elbow slightly away from the body.
- 9) This movement needs is performed by rotating around the shoulder joint only otherwise it will not be working the correct muscles.

