



TOTAL FEMALE HOCKEY

AT HOME
STRENGTH
TRAINING MANUAL



PLUS...

'HOW TO' SHOOTING & STICK-HANDLING
VIDEO LESSONS
TO KEEP YOUR SKILLS SHARP

Total Female Hockey At Home Strength Workouts

WEEK 1 & 2:

These workouts are designed to fix the instability and imbalances in your core, shoulders and hips after a long season of hockey. Hockey movements aren't exactly the most natural movements for your body so when you combine the amount of time you spend in your hockey posture (leaned over, shoulders rounded) with all the time you spend on your phone/computer (leaned over, shoulders rounded)... let's just say you need these workouts more than you know.

- Do Workout 1 and Workout 2 at least twice each week (or even 3 times each).
- For each workout, perform a total of 3 circuits with minimal rest between exercises.

WORKOUT 1	
EXERCISE	SETS & REPS
1. GLUTE BRIDGE - 2 Leg Raise & Lower	3 sets of 15 repetitions
2. FRONT PLANK - Hold	3 sets of 60 seconds
3. TWO WAY REACH - Y-T Arm Lift	3 sets of 15 repetitions each way
4. SINGLE LEG DEADLIFT - Arms Free	3 sets of 15 repetitions each leg
5. SIDE PLANK - Hold with Knees Bent	3 sets of 30 seconds per side
6. HAND TO SHOULDER - On Knees	3 sets of 15 repetitions each arm
7. STRAIGHT LEG HIP LIFT - Feet Up	3 sets of 15 repetitions

WORKOUT 2	
EXERCISE	SETS & REPS
1. SHOULDERS UP BRIDGE - 2 Leg Raise & Lower	3 sets of 15 repetitions
2. DEAD BUG - Knees Bent	3 sets of 60 seconds
3. WALL REACHES - Stick Em Ups	3 sets of 20 repetitions
4. STATIONARY LUNGES - Arms Behind Head	3 sets of 15 repetitions each leg
5. ALL FOURS LEG LIFTS - Bent & Straight	3 sets of 15 repetitions each way
6. REVERSE CRUNCH - Anchored with Knees Bent	3 sets of 15 repetitions
7. SINGLE LEG SQUAT - Hold with Stride Under/Out	3 sets of 15 repetitions each leg

WATCH THE WORKOUT VIDEOS FOR WEEKS 1 & 2 HERE:

DAY 1: <http://totalfemalehockey.com/at-home-workout-day-1-weeks-1and2/>

DAY 2: <http://totalfemalehockey.com/at-home-workout-day-2-weeks-1and2/>

Total Female Hockey At Home Strength Workouts

WEEK 3 & 4:

Now we'll move on to slightly more challenging versions of the exercises. You may have thought those 1st ones were 'too easy' so you skipped ahead to this version. Don't rush it. Take the time to do it right. You'll have plenty of time for harder, more complicated workouts as you move through the off-season. Stick to the basics for now - your body will thank you for it in the long run.

- Do Workout 1 and Workout 2 at least twice each week (or even 3 times each).
- For each workout, perform a total of 3 circuits with minimal rest between exercises.

WORKOUT 1	
EXERCISE	SETS & REPS
1. GLUTE BRIDGE - 1 Leg Raise & Lower	3 sets of 15 repetitions
2. FRONT PLANK - Reach & Tap	3 sets of 15 repetitions each arm
3. OPPOSITE ARM OPPOSITE LEG - On Ground	3 sets of 15 repetitions each way
4. SINGLE LEG DEADLIFT - Stick On Shoulders	3 sets of 15 repetitions each leg
5. SIDE PLANK - Hold with Legs Straight	3 sets of 30 seconds per side
6. HAND TO SHOULDER - Top of Pushup	3 sets of 15 repetitions each arm
7. STRAIGHT LEG HIP LIFT - Alternate Leg Lift	3 sets of 15 repetitions each leg

WORKOUT 2	
EXERCISE	SETS & REPS
1. SHOULDERS UP BRIDGE - 1 Leg Raise & Lower	3 sets of 15 repetitions each leg
2. DEAD BUG - Extend Bottom Leg	3 sets of 60 seconds
3. REACH OUTS - Holding Stick	3 sets of 20 repetitions
4. STATIONARY LUNGES - Back Foot Up	3 sets of 15 repetitions each leg
5. OPPOSITE ARM OPPOSITE LEG - All Fours	3 sets of 15 repetitions each way
6. REVERSE CRUNCH - Anchored with Knees Lift	3 sets of 15 repetitions
7. SINGLE LEG SQUAT - Stride with Hands Behind	3 sets of 15 repetitions each leg

WATCH THE WORKOUT VIDEOS FOR WEEK 3 & 4 HERE:

DAY 1: <http://totalfemalehockey.com/at-home-workout-day-1-weeks-3and4/>

DAY 2: <http://totalfemalehockey.com/at-home-workout-day-2-weeks-3and4/>

SHOOTING & STICK-HANDLING VIDEOS:

We want to keep your shooting and stick-handling skills sharp for when you're back on the ice. Here are 2 'how to' videos to help you take your stick skills to the next level over the break.

SHOOTING VIDEO

<http://totalfemalehockey.com/at-home-workout-shooting-video/>

STICK-HANDLING VIDEO

<http://totalfemalehockey.com/at-home-workout-stickhandling-video/>

ONE MORE IMPORTANT VIDEO TO WATCH:

Restoring the mobility in your hips should be a **BIG** area of focus as you start the off-season (it's something you should work on throughout the season too). Here is a video that takes you through 12 different mobility exercises. Pick 4-6 to do each day - your body will thank you for it!

MOBILITY VIDEO

<http://totalfemalehockey.com/fix-your-mobility/>