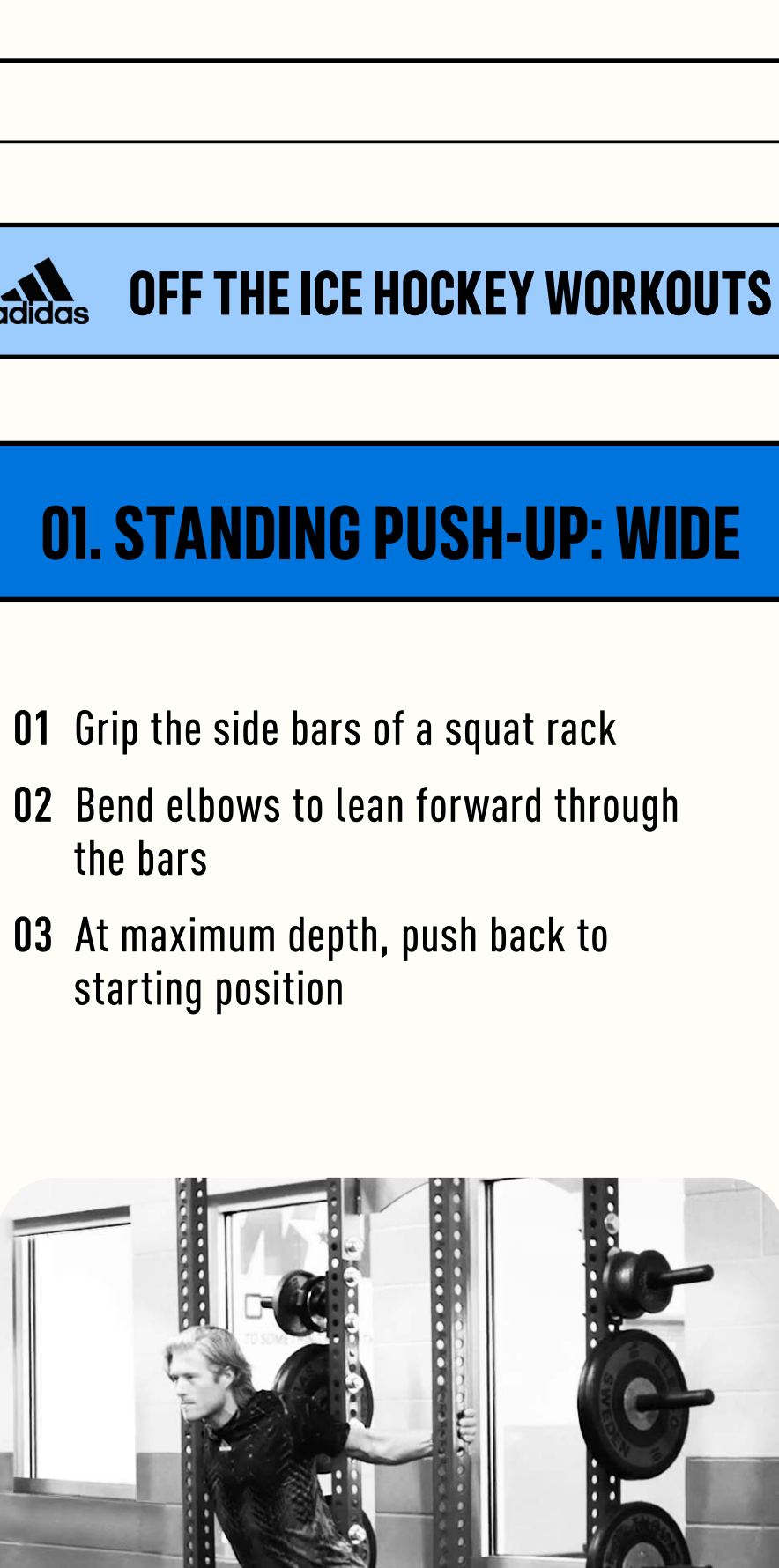




OFF THE ICE HOCKEY WORKOUTS

LET'S GET READY!

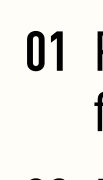
- 01 Pull-Up Bar
- 02 Weight Plate
- 03 Hockey Plate
- 04 Open Space
- 05 Glute Hamstring Machine



OFF THE ICE HOCKEY WORKOUTS

01. STANDING PUSH-UP: WIDE

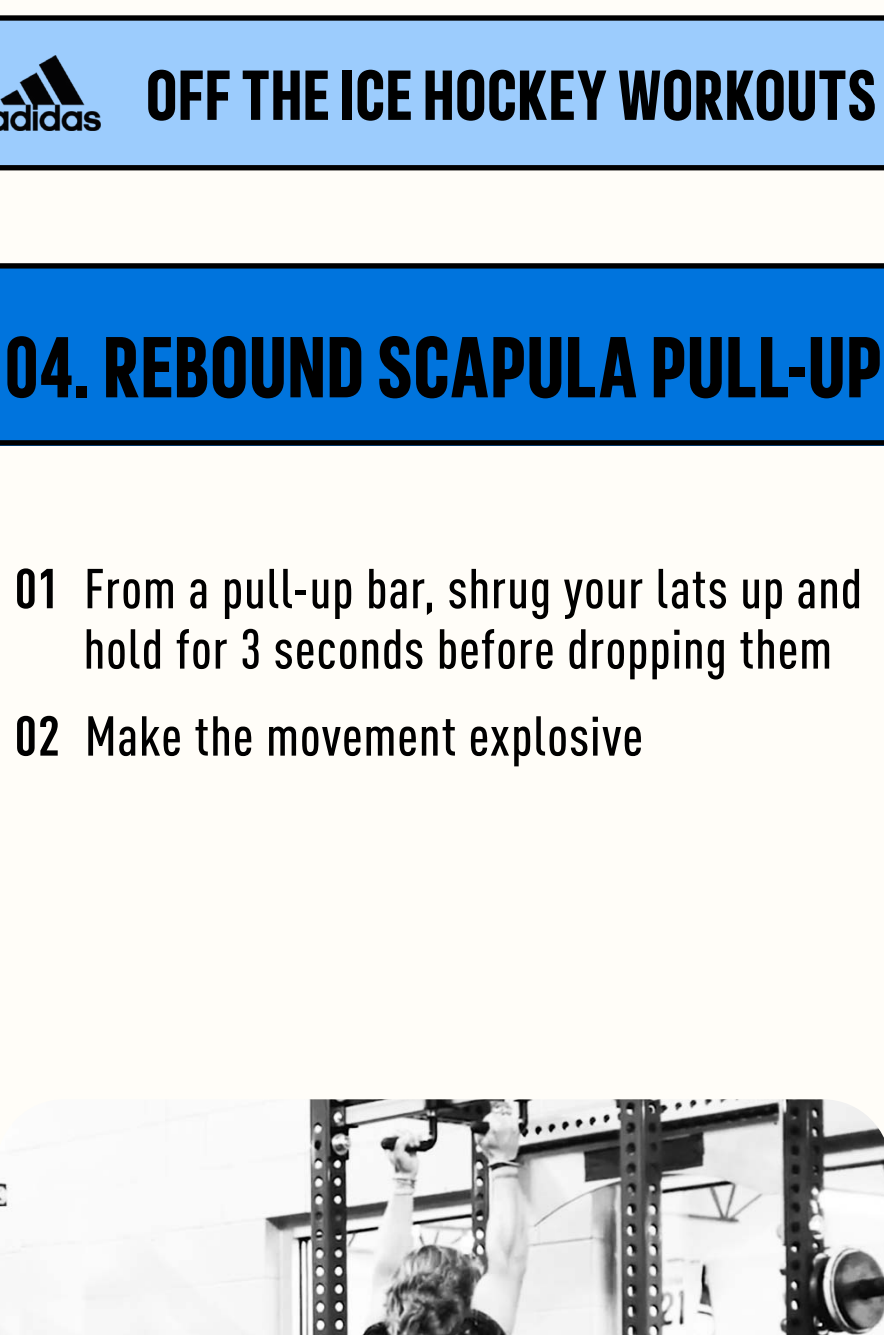
- 01 Grip the side bars of a squat rack
- 02 Bend elbows to lean forward through the bars
- 03 At maximum depth, push back to starting position



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02. OVERSPEED FRONT DELT RAISE

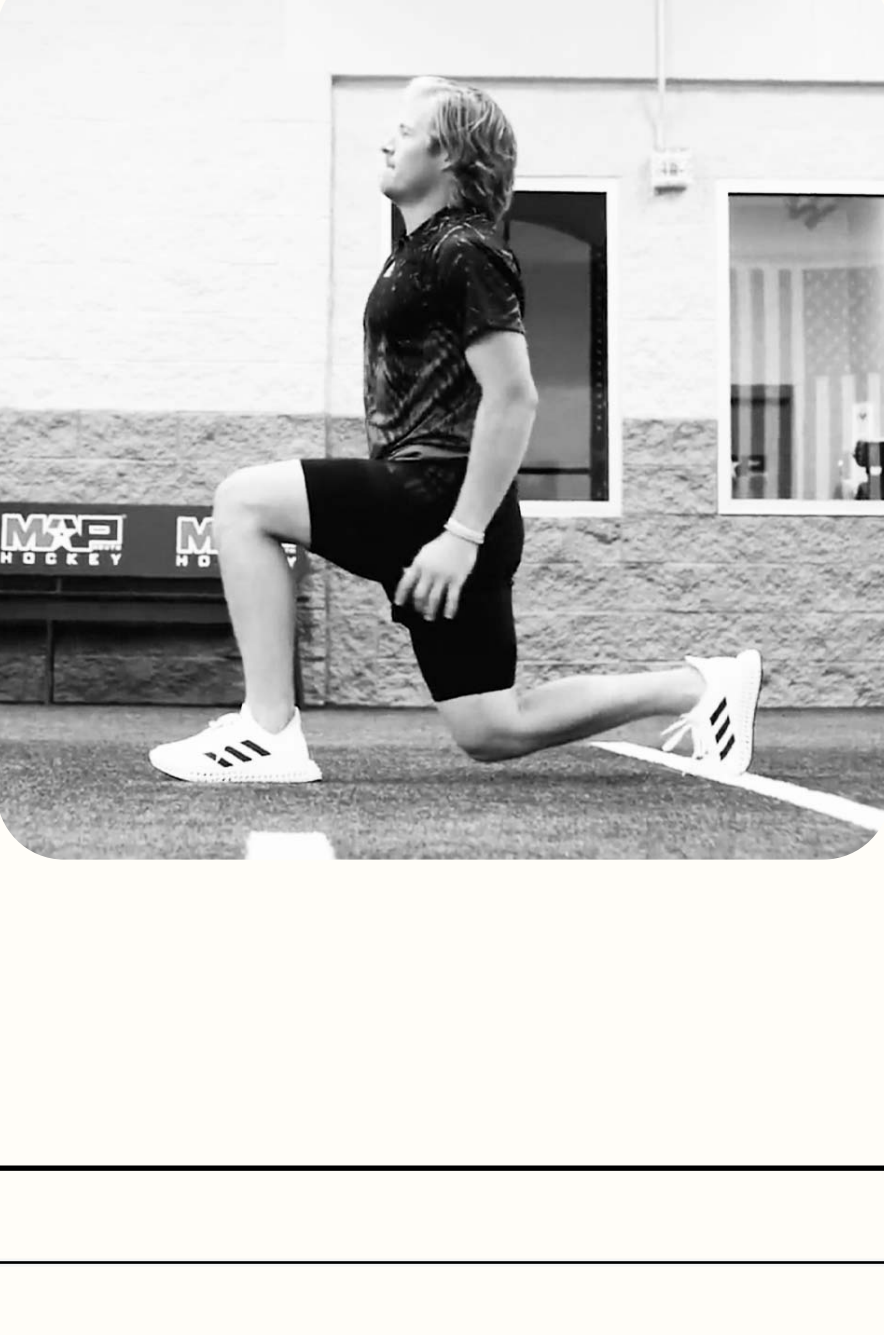
- 01 Hold a plate and lift one foot an inch
- 02 Quickly raise plate and stop at shoulder height. Have partner overspeed the plate to make it harder to stop
- 03 Switch legs halfway through reps



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03. EXTREME SLOW SLAP SHOT

- 01 Perform an extremely slow slap shot for 30 seconds
- 02 Focus on contracting muscles and envisioning the goal



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04. REBOUND SCAPULA PULL-UP

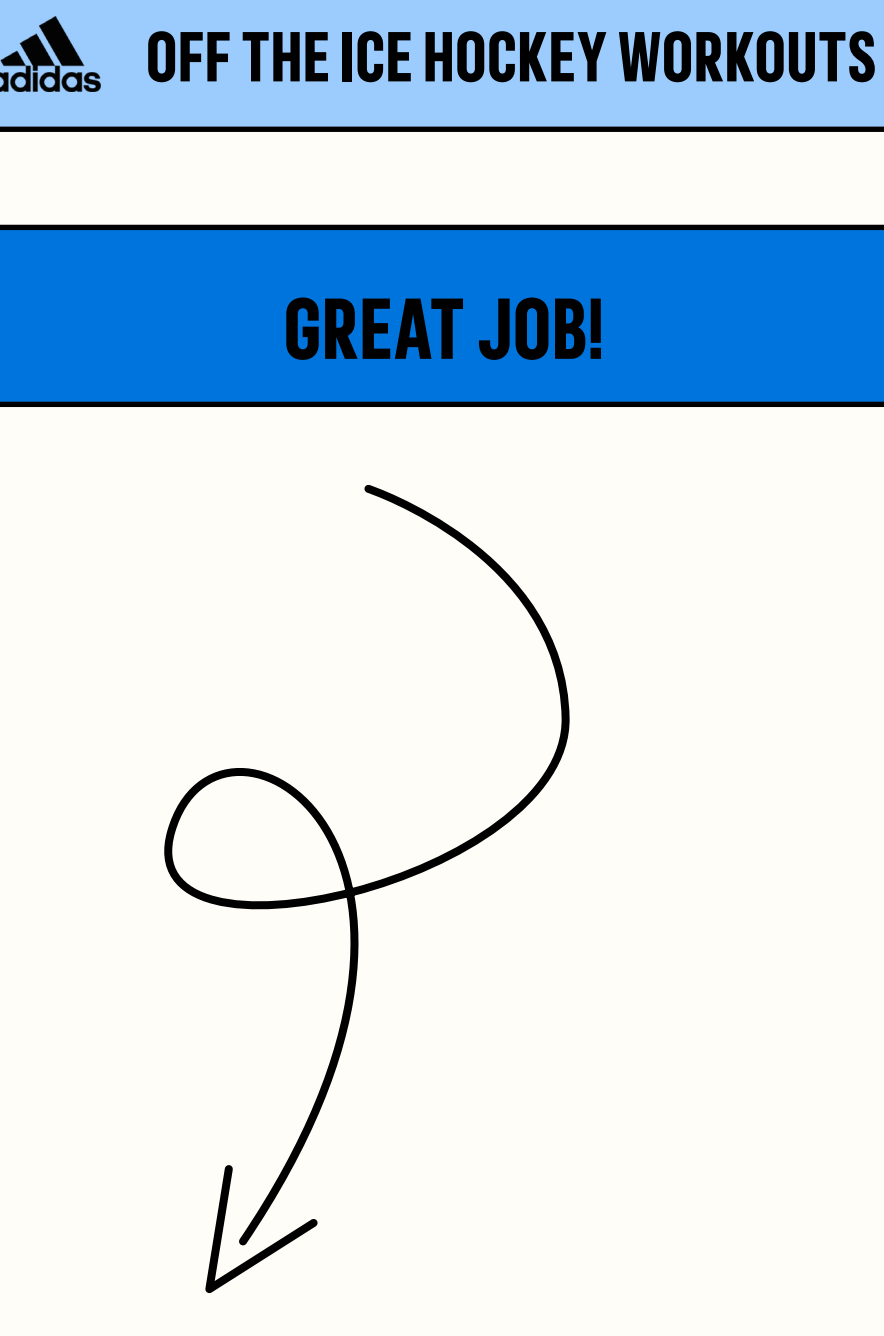
- 01 From a pull-up bar, shrug your lats up and hold for 3 seconds before dropping them
- 02 Make the movement explosive



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05. CALF JUMP TO A LUNGE

- 01 Take 3 vertical jumps, each one higher than the last
- 02 After the 3rd jump, land in a lunge. Switch legs with each lunge



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06. GLUTE HAM PARALLEL

- 01 On a glute ham machine, lower into a parallel position
- 02 Raise your torso while having a partner push you up, making it harder to stop

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07. ISO RUSSIAN TWIST

- 01 With your hands together, twist to the right
- 02 Have a partner hold your arms as you twist back to center
- 03 Make the twist explosive to push past the resistance

OFF THE ICE HOCKEY WORKOUTS

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