

**Endicott College Ice Hockey**  
***Off Season Conditioning***  
***Phase I***

During Phase I, you should be taking part in some type of cardiovascular exercise 3-5 times per week. This can be any cardiovascular exercise that you prefer. This may include:

Bike (Stationary or regular)  
Running  
Swimming  
Basketball (game)  
Stairclimber  
Elliptical machine  
Any other type of cardio machine

The purpose of this phase is to allow you to build up a cardiovascular conditioning base in order to prepare your body for more intense training as the season draws closer. During any type of conditioning activity, you should wear proper footwear that is in good condition. This will help to prevent injury (Shin splints, knee pain, etc...)

# **Endicott College Ice Hockey**

## ***Phase I – Core Program***

**Core Program** (To be completed 5 times per week)

*Start at 30 seconds per exercise. Increase by 15 seconds when completing the circuit becomes easy.*

**Lifting Days:** (1 min. each.; Each exercise 1x) Bows & Toes; Bows & Toes w/ alternating single leg raise; Sidelying Iso-Abs (each side); Pushup w/ Rotation, Crunches, Side Crunches

**Non – Lifting Days:** (1 min. ea.; Each exercise 2x) Lower Leg Rows, Prone Superman, Hip-Ups, Prone Alt. Arm/Leg Extension, Crunches

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## *Phase I – Weight Training Program*

		Date	Date	Date	Date	Date	Date
<b><u>Mondays</u></b>	Sets/Reps						
Incline DB Press	3x10	/	/	/	/	/	/
Flat Bench DB Press	3x8	/	/	/	/	/	/
Seated Should. Press	3x10	/	/	/	/	/	/
Front Raise	3x10	/	/	/	/	/	/
Lateral Raise	3x10	/	/	/	/	/	/
Tricep Extention	3x12	/	/	/	/	/	/
1 Addl' Tricep	3x12	/	/	/	/	/	/
		Date	Date	Date	Date	Date	Date
<b><u>Tuesdays</u></b>	Sets/Reps						
Squat	3x8	/	/	/	/	/	/
Leg Press	3x12	/	/	/	/	/	/
Multi-Hip (all 4 direc.)	2x12	/	/	/	/	/	/
Calf Raises	3x15	/	/	/	/	/	/
Lat Pulldown	3x10	/	/	/	/	/	/
1 Arm Row	3x10	/	/	/	/	/	/
1 Bicep	3x12	/	/	/	/	/	/
		Date	Date	Date	Date	Date	Date
<b><u>Thursdays</u></b>	Sets/Reps						
Bench Press	3x8	/	/	/	/	/	/
Decline Bench Press	3x10	/	/	/	/	/	/
DB Seated Press	3x10	/	/	/	/	/	/
Bent Lateral Raise	3x10	/	/	/	/	/	/
Lying Tricep Ext.	3x10	/	/	/	/	/	/
1 Addl' Tricep	3x12	/	/	/	/	/	/
		Date	Date	Date	Date	Date	Date
<b><u>Fridays</u></b>	Sets/Reps						
Leg Press	3x12	/	/	/	/	/	/
Lunge	3x12	/	/	/	/	/	/
Calf Raises	3x15	/	/	/	/	/	/
Leg Curl	3x12	/	/	/	/	/	/
Leg Extention	3x12	/	/	/	/	/	/
Cable Rows	3x10	/	/	/	/	/	/
Pull-Ups (or Machine)	3x8	/	/	/	/	/	/
1 Bicep	3x12	/	/	/	/	/	/

\* When you are able to complete the given number of reps on an exercise, increase weight by 5-10%