

Voyager Hockey



















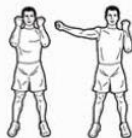







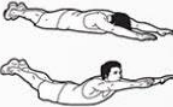





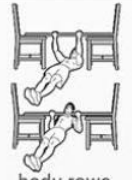


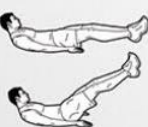


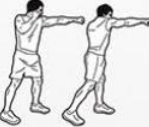





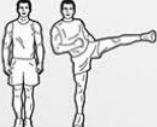
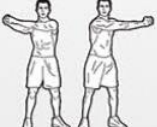





High School Age & Older

Body Weight Workout Chart – Appendix 1

CARDIO	HIGH KNEES	TUCK JUMPS	MOUNTAIN CLIMB	BURPEE
	JUMPING JACK	BOX JUMPS	STEP-UP	SWIMMER
BACK	SUPERMAN	BODYWEIGHT ROW	CRUNCH	LEG PULL-IN
				REVERSE CRUNCH
CORE	SIDE PLANK	RUSSIAN TWIST	ALTERNATE LEG/ARM PLANK	V-UP
	WINDSHIELD WIPER	BICYCLE CRUNCH	LYING LEG LIFT	FLUTTER KICKS
UPPER BODY				PLANK
	PUSH-UP	TRICEP DIP	PULL-UP	PIKE PUSH-UP
LOWER BODY	SUMO SQUAT	SKATERS	LUNGE FRONT KICK	SINGLE LEG SPLIT SQUAT
	SINGLE LEG DEAD LIFT	SINGLE LEG SQUAT	FIRE HYDRANT	LUNGE
	HIP RAISE	WALKING TOE TOUCHES	CALF RAISES	SQUAT
				FIRE HYDRANT

Body Weight Workout Chart – Appendix 2

 abs	 quads	 glutes	 triceps	 biceps	 back	 chest
 sit-ups	 lunges	 squats	 close grip push-ups	 chin-ups	 pull-ups	 push-ups
 reverse crunches	 high knees	 donkey kicks	 tricep dips	 backfists	 scapular shrugs	 chest expansions
 bicycle crunches	 side kicks	 bridges	 tricep extensions	 doorframe rows	 superman	 chest squeezes
 flutter kicks	 climbers	 jump knee tucks	 get-ups	 body rows	 back lifts	 pike push-ups
 leg raises	 plank jump-ins	 fly steps	 punches	 sitting pull-ups	 alt arm/leg plank	 shoulder taps
 elbow plank	 lunges step-ups	 side leg raises	 side-to-side chops	 pseudo planche	 reverse angels	 clapping push-ups

Stretches – Appendix 3

Neck and Shoulders



Back



Legs and Lower Body Stretches



Wrists



Chest, Shoulders and Fingers



Stretching Tips

- Always stretch within your comfortable limits - never to the point of pain.
- Take your time. The long sustained, mild stretch reduces unwanted muscle tension and tightness.
- If you are stretching correctly, the stretch feeling should slightly subside as you hold the stretch.
- The benefits come from regularity. Stick with it and see how you feel in a few weeks.
- Hold each stretch for at least 15 seconds and don't bounce through the stretch.
- Breathe easily and try to relax as you increase the stretch.
- Tune into your body and focus on the muscles and joints being stretched.

The highlighted exercises have been chosen by your health and fitness consultant for you given your current needs and requirements.

Voyager Hockey Quarantine Workout

Week 3 (April 27-May 1)

Coach's Notes:

It is important to be active! There might not be access to the gym, or workout equipment, but that is no excuse!

This is not mandatory, merely suggestions. If a player has access to gym equipment, this workout can be modified. If there is access to other workout plans that preferred, those are great too. If the workout needs to be shortened (sets or reps), do it. The purpose is to be active. This is generally a great life skill, and provides health benefits present, and future.

Hockey Skills:

This is a great time to stick-handle in the driveway, on the sidewalk, a kitchen floor (if allowed), or a basement. Use a hockey ball, golf ball, or hard rubber if a puck cannot be used. There are some many stickhandling videos out there, as well as basic drills coaches have taught on the ice.

If there is a space to shoot pucks without damaging anything, do so. Shoot 100-500 pucks, good form. A dramatic difference will show!

There are so many reruns of old rerun games, and access to hockey games online. Watch the game, not the highlights. There is so much downtime, learn the game.

Become a learner! Look up websites about hockey-related drills and find some that are quality. Understand, the purpose and technique of the drill. Share them with friends and coaches.

Drink Water!

View coaches [blog post on water](#). Drink about 1 Gallon of water per day. Stay away from soda, diet soda, energy drinks, or sports drinks. Athletes are not active enough to have sports drinks during this time period.

Eat Protein

Get about 100 grams per day. This exceeds normal for teenagers, but this will help build muscle mass. Look at food labels to see protein amounts.

Eat Fruit and Vegetables

Always eat more! There will never be a health professional or coach that will tell you to limit intake. Indulge!

Snacks

Eat healthier snacks. Limit high sugar snacks. It is very easy to snack on food during moments of boredom. Stay strong!

Monday

30 Min Cardio

(2-3 Mile Jog/Run, Bike, or Bodyweight Circuit (see below), Street Hockey, or anything active that gets heart going 100 bpm)

Body Weight Circuit

High Knees (Running in Place) x 20 Seconds – 30 Jumping Jacks – Side Plank 30 Seconds Both Sides – 10 Tuck Jumps – Rest 1 Minute – Repeat 3 Times

Stretch (Use Chart 2 x 10-20 second holds for each stretch)

Upper Body (30-60 second break in between sets)

Push-Ups 3 Sets x 20 (60 Total)

Leg Pull-ins 4 Sets x 20 (80 Total)

Chest Squeezes 3 Sets x 20-30 Seconds

Shoulder Taps 3 Sets x 10 (5 each shoulder)

Pick one Back exercise 3 Sets x 10 **OR** Pull ups (if a bar is accessible) 3 Sets x As Many as Can.

Core

100 Stick Rotations (Use Hockey Stick)

- Place stick on shoulders (equal to squat bar). Hands wide, rotate heel and top of stick until it is perfectly aligned with your nose.
- Can break up into sets of 20, 25, or 50.

100 Bent Over Stick Rotations

- Same stick placement, squat position, bent over at 45-degree angle. Rotate until stick ends align with your nose.
- Can break up into sets of 20, 25, or 50.

Flutter Kicks 3 x 30 seconds

Russian Twists 3 x 20 (can hold any object unto 10lbs)

Bicycle Crunches 3 x 20

Pick One core exercise from Chart 3 x 10-15

Tuesday

30 Min Cardio

(2-3 Mile Jog/Run, Bike, or Bodyweight Circuit (see below), Street Hockey, or anything active that gets heart going 100 bpm)

Body Weight Circuit

High Knees (Running in Place) x 20 Seconds – 30 Jumping Jacks – Side Plank 30 Seconds Both Sides – 10 Tuck Jumps – Rest 1 Minute – Repeat 3 Times

Stretch (Use Chart 2 x 10-20 second holds for each stretch)

Lower Body

Body-Weight Squats 4 x 25 (100 Total)

Lunge Step-ups 3 x 20 (60 total)

Climbers 3 x 20 (60 total)

Plank Jump-Ins 3 x 10 (30 total)

Fire Hydrants (Glutes) 3 x 20 (60 total)

Pick One Leg Workout 3 x 20 (60 total)

Wednesday

30 Min Cardio

(2-3 Mile Jog/Run, Bike, or Bodyweight Circuit (see below), Street Hockey, or anything active that gets heart going 100 bpm)

Body Weight Circuit

High Knees (Running in Place) x 20 Seconds – 30 Jumping Jacks – Side Plank 30 Seconds Both Sides – 10 Tuck Jumps – Rest 1 Minute – Repeat 3 Times

Stretch (Use Chart 2 x 10-20 second holds for each stretch)

Core

100 Stick Rotations (Use Hockey Stick)

- Place stick on shoulders (equal to squat bar). Hands wide, rotate heel and top of stick until it is perfectly aligned with your nose.
- Can break up into sets of 20, 25, or 50.

100 Bent Over Stick Rotations

- Same stick placement, squat position, bent over at 45-degree angle. Rotate until stick ends align with your nose.
- Can break up into sets of 20, 25, or 50.

Flutter Kicks 3 x 30 seconds

Russian Twists 3 x 20 (can hold any object unto 10lbs)

Bicycle Crunches 3 x 20

Pick a new core exercise from Chart 3 x 10-15

Thursday

30 Min Cardio

(2-3 Mile Jog/Run, Bike, or Bodyweight Circuit (see below), Street Hockey, or anything active that gets heart going 100 bpm)

Body Weight Circuit

High Knees (Running in Place) x 20 Seconds – 30 Jumping Jacks – Side Plank 30 Seconds Both Sides – 10 Tuck Jumps – Rest 1 Minute – Repeat 3 Times

Upper Body (30-60 second break in between sets)

Push-Ups 3 Sets x 20 (60 Total)

Leg Pull-ins 4 Sets x 20 (80 Total)

Chest Squeezes 3 Sets x 20-30 Seconds

Shoulder Taps 3 Sets x 10 (5 each shoulder)

Pick one Back exercise 3 Sets x 10 **OR** Pull ups (if a bar is accessible) 3 Sets x As Many as Can.

Friday

30 Min Cardio

(2-3 Mile Jog/Run, Bike, or Bodyweight Circuit (see below), Street Hockey, or anything active that gets heart going 100 bpm)

Body Weight Circuit

High Knees (Running in Place) x 20 Seconds – 30 Jumping Jacks – Side Plank 30 Seconds Both Sides – 10 Tuck Jumps – Rest 1 Minute – Repeat 3 Times

Stretch (Use Chart 2 x 10-20 second holds for each stretch)

Lower Body

Body-Weight Squats 4 x 25 (100 Total)

Lunge Step-ups 3 x 20 (60 total)

Climbers 3 x 20 (60 total)

Plank Jump-Ins 3 x 10 (30 total)

Fire Hydrants (Glutes) 3 x 20 (60 total)

Pick One Leg Workout 3 x 20 (60 total)

Core

100 Stick Rotations (Use Hockey Stick)

- Place stick on shoulders (equal to squat bar). Hands wide, rotate heel and top of stick until it is perfectly aligned with your nose.
- Can break up into sets of 20, 25, or 50.

100 Bent Over Stick Rotations

- Same stick placement, squat position, bent over at 45-degree angle. Rotate until stick ends align with your nose.
- Can break up into sets of 20, 25, or 50.

Flutter Kicks 3 x 30 seconds

Russian Twists 3 x 20 (can hold any object unto 10lbs)

Bicycle Crunches 3 x 20

Pick a third core exercise from Chart 3 x 10-15

Saturday & Sunday

Stretch (Use Chart 2 x 10-20 second holds for each stretch)

30 Min Cardio

(2-3 Mile Jog/Run, Bike, or Bodyweight Circuit, Street Hockey, or anything active that gets heart going 100 bpm)