

Saint Viator Hockey

Cardio Workout:

“20/10’s”

- Jog for 20 seconds then sprint for 10 seconds.
- Repeat this cycle for 10 minutes.
- Each week over the summer 1 minute should be added.

“1 minute on, 30 seconds off” (3 sets)

- High Knee Run
- Mountain Climbers
- Burpees
- Knees to Elbows
- Squat Jumps
- Knees to Opposite Elbows
- Stride Jumps
- Jump Rope

Core Workout:

Choose 3 exercises

- Front, Right, and Left Planks. (1 minute each side, 30 second rest)
- 90-degree crunches. (30 reps)
- Exchanges. (30 reps)
- Oblique weight reach. (30 reps)
- Toe Reach (30 reps)
- 45 lbs. sit and stands (15 reps)