



Snider Hockey Workout Packet  
Ages 13 and up

Hi!

The goal of this packet is too keep you busy and in hockey shape during this down time. These workouts are designed to be quick but effective. No equipment will be needed for any of these exercises but, if you have any weights feel free to add them into the workout as necessary!

A few important reminders:

**-Use Perfect Form** on all exercises!!!!!! Make sure that you use the correct form to get the most of our your workout and to prevent injury. The better your form, the better your results!!!! Never sacrifice form for speed. If a workout gets too hard, do fewer repetitions, or shorten the time of each workout. I would rather you shorten the workout then start doing the exercises wrong. Quality is more important than quantity.

**-Stay hydrated** during and pre/post workouts.

**-Warm up** for at least 5 minutes to prevent injury and get your body ready to workout.

Ideas: jumping jacks, butt kicks, jumping rope, run up and down the stairs, jog in place

-Lastly, always **stretch!** There is a page in the back of this packet that gives you some ideas on what stretches you can do.

Be creative with these workouts and make them work for you. If you are unsure of what any of the exercises are there are a ton of examples on Google or YouTube. Feel free to reach out to me at [jlwhelan14@gmail.com](mailto:jlwhelan14@gmail.com). I would be happy to answer any questions or comments you may have.

I look forward to seeing everyone soon!

Stay happy and healthy!

-Coach Jen



## Day 1: Full Body Strength Workout

### *5 Minute Warm Up*

#### **Arms**

- 5 Push Ups
- 10 Tricep Dips (use a stair if possible)
- 15 Modified Push-Ups
- 5 Burpees

#### **Back**

- 20 Supermans
- 20 Hip Bridges
- 30 - Second Side Plank Hold (Both Sides) 1 minute total

#### **Legs**

- 20 Squats
- 20 Walking Lunges (Total)
- 25 Standing Calf Raises (use a stair if possible)
- 10 Squat Jumps

#### **Core**

- 30-Second plank
- 50 Crunches
- 30 Bicycles
- 30-Second Plank

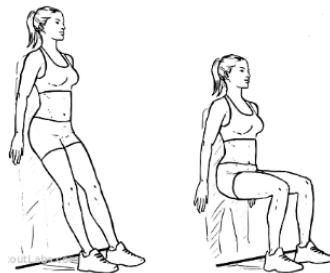
### ***Repeat 2x***

#### ***Stretch***

*If you would like to add a challenge to the end of the workout...complete the workout. Before the stretch complete the challenge below:*

#### **Extra Challenge: 1 minute Wall Sit**

Stand with your back flat against a wall. Walk your feet out so that when you sit down your legs are bent at a 90-degree angle. ... Slide your back down the wall to sit in your invisible chair.



## Day 2: Cardio

30 minutes is all you need to get a cardio workout at home. No equipment needed!

Set a timer for 30 minutes, start at the top and work your way through each exercise. When you reach the bottom, start over until 30 minutes is up!

*Warm up- 5 minutes of jumping jacks, butt kicks, jumping rope, run up and down the stairs etc.*

25 Jumping Jacks  
15 Air Squats  
30- Second Planks  
15 Crunches

25 High Knees  
15 Air Squats  
30 -Second Plank  
15 Crunches

25 Butt Kicks  
15 Air Squats  
30-Second Plank  
15 Crunches

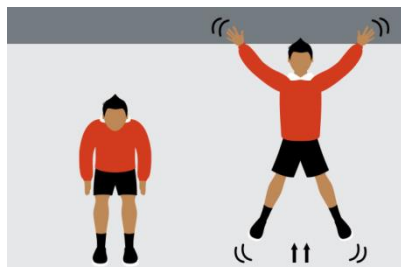
25 Skater Lunges  
15 Air Squats  
30-Second Plank  
15 Crunches

Take a 1-minute rest and start over until the timer sounds!

### Extra Challenge!

#### 1 Minute of star Jumps:

Stand with knees slightly bent, squatting down with hands by sides. Explode up into the air into the shape of a star, extending arms and legs out. Before landing pull legs and arms back together so feet touch ground shoulder width apart, Drop back into squat position and repeat.



### Day 3: Core and Back

#### 5 Minute Warm up

- 15 Crunches
- 20 (total) Bicycle crunches
- 10 Toe touches
- 10 Leg Lifts
  
- 10 Side plank hip lifts (Right)
- 10 Side plank hip lifts (Left)
- 10 Supermans
- 20 (Total) Swimmers

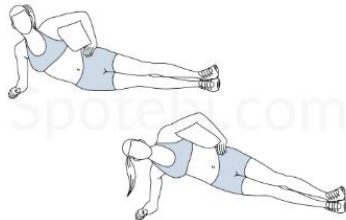
#### Repeat 3 or 4x's Stretch

#### Challenge:

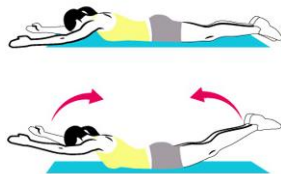
Hold a handstand against a wall for 20 seconds

#### Back Exercises:

**Side Plank Hip Lifts:** Raise your hips so that your body forms a straight line from head to heels. This is the starting position. Slowly lower your left hip, tapping it gently on the floor then bring it back up to starting position.



**Superman:** Lay face down on a mat or flat surface, with arms outstretched; Keep your hands and arms straight throughout the exercise. Raise your hand and legs 4-5 inches off the ground. Hold for 5 seconds, then return to starting position.



**Swimmers:** Start off on the floor lying face down with your arms stretched out overhead. Lift your upper body into a back arch by lifting your chest away from the floor and contracting your glutes and back muscles. Keep your chin tucked so that you are looking towards the floor.



## Day 4: Legs

### *Warm-up:*

30 Second: Jog in Place  
30 Second: Jump Rope in Place  
30 Second: Butt Kicks  
30 Second: Quad Stretch  
30 Second: Mountain Climber

### **Repeat 1x**

### **Leg Workout**

30 High Knees  
30-45 second Wall Sit Hold  
16 Skaters  
15 Squats (holding Hockey stick overhead if possible)  
10 Curtsey Lunges (Total)  
26 Walking Lunges (or reverse lunges in place)  
5 Tuck Jumps

### **Rest 1 minute**

### **Repeat 4x or 5x**

### **Stretch**

**Extra Challenge: Hold your legs 6 inches off the ground for 45 Seconds:**



**What is a Tuck Jump:** The tuck jump is a vertical jump in which you raise your knees to your chest as you rise into the air



## Day 5: Arms

*Warm up- 5 minutes of jumping jacks, butt kicks, jumping rope, run up and down the stairs etc.*

**10 Pushup**  
**20 Mountain Climbers**  
**10 Tricep Dips (Use a stable chair or stair if accessible)**  
**10 Burpees**  
**20 Shoulder Taps Plank**  
**5 Inch Worms**

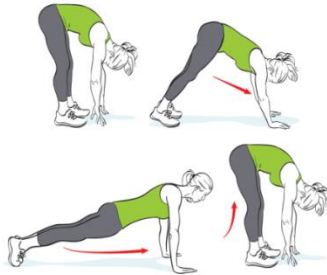
**Repeat 3xs**

**Stretch!**

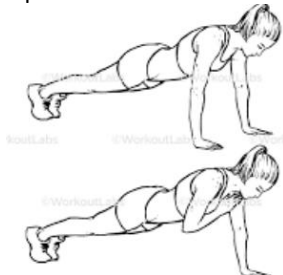
**If you would like to add a challenge to the end of the workout...complete the workout. Before the stretch complete the challenge below:**

**Challenge: 100 Air Punches**  
**50 Air Kicks**  
**5 Push Up**

**Inchworms:** To activate the shoulder, arms, and core, start standing, then exhale into forward fold and place your palms on the floor. Walk your hands out one at a time until you arrive in plank position. Then walk your feet forward one at a time to meet your hands. That's one rep.



**Shoulder Taps Plank:** Keeping your hips as still as possible, lift one hand and tap it on the opposite shoulder. Then repeat on the other side.



## Stretching!

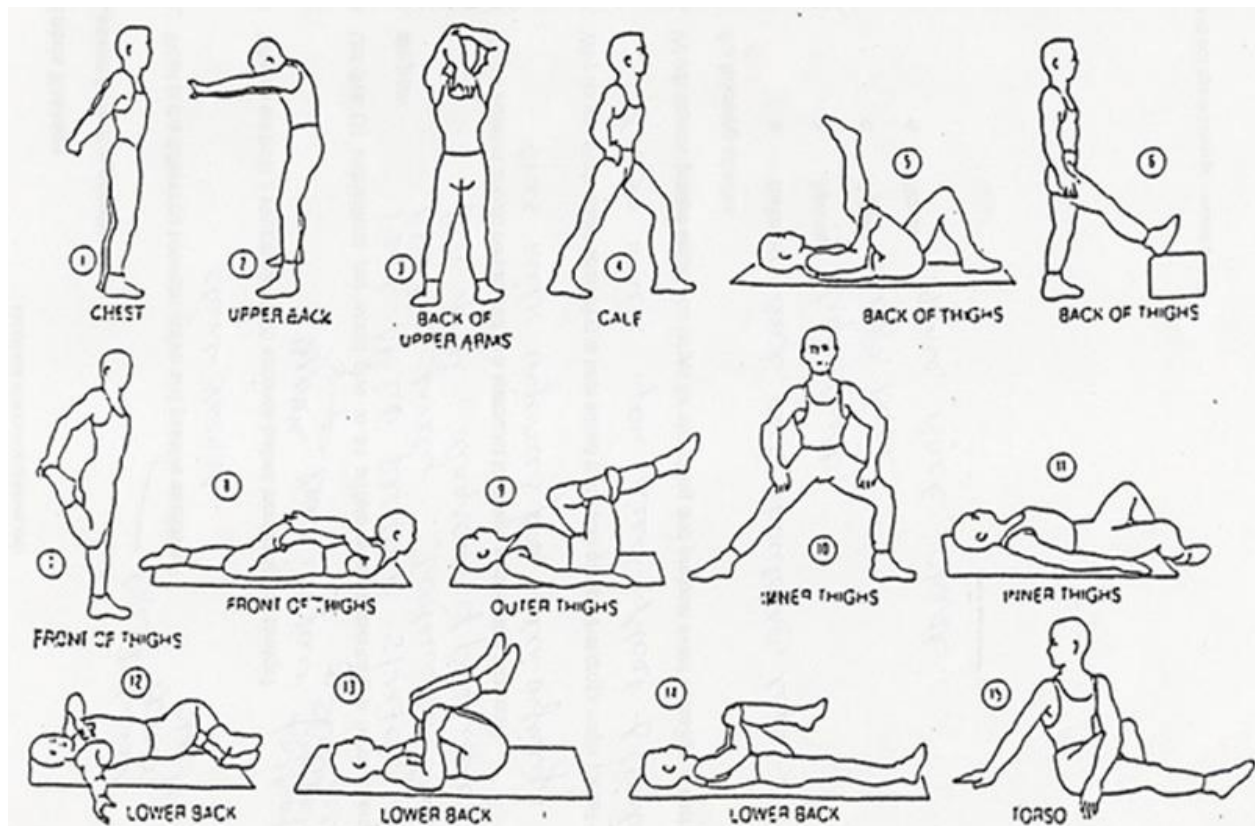
### The importance of stretching before and after a workout:

- Stretching improves flexibility and range of motion.
- Improves body posture and performance.
- Helps reduce muscle soreness and avoid injuries during exercise.
- Prevents muscle strain.

### If you don't stretch before and after exercise then:

- It will create fatigue, muscle loss, and can lead to injuries.

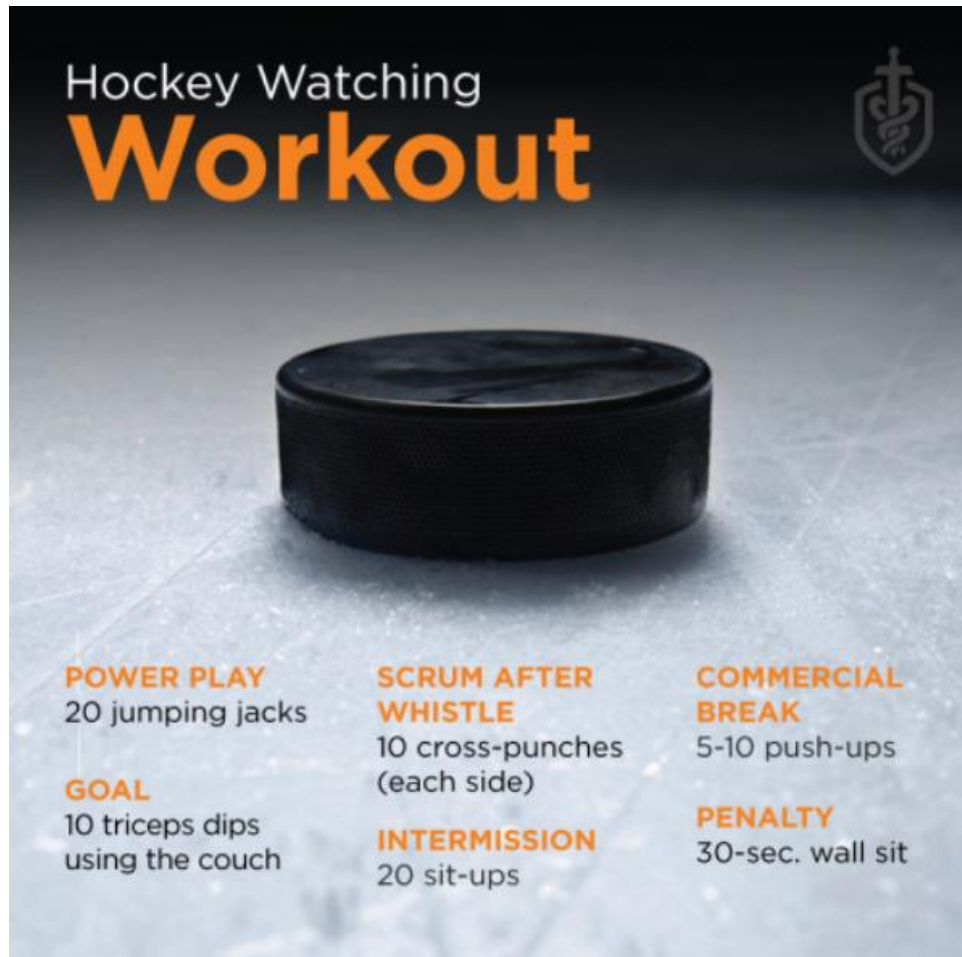
Below are examples of some basic stretches you can do: **It is recommended to stretch for at least 10 minutes before and after each work out.**





## Creative ways to get a workout

I know that hockey is not on TV right now but if you have a game saved on your TV...or you look up a game on YouTube this could be a fun way to add a workout while watching a game!



<https://guardyourhealth.tumblr.com/>

Ideas to keep you active while watching TV:

# Sofa Workout

Repeat 3 times | up to 2min rest between sets  
© neilarey.com

1 20 half squats

2 10 sofa dips

3 20 climbers

4 10 side-to-side sofa walks

5 10 leg raises

6 10 raised leg circles

IN COLLABORATION WITH **NHS** choices

# movie night

NEILA REY WORKOUT © neilarey.com  
Repeat 3 times | up to 2 minutes rest between sets  
or every 20 minutes during a movie

1 20 leg swings

2 20 front kicks

3 40 punches

4 40 overhead punches

5 20 knee taps

6 20 bicycle crunches