

Bridgton Academy Hockey Preseason Phase 2							Name:				
Week 1											
A	sets	reps	wt.	B	sets	reps	wt.	C	sets	reps	wt.
Cleans	5	5		Rack Squats w/Bands	5	5		Weighted Pullups	5	5	
Flat Bench Press	5	5		1Arm/1Leg Cable Pull	4	5		Good Mornings	5	5	
KB Hammer Curls	5	8		Barbell Lunges	4	5		DB Stepups	4	5	
MB Situps w/toss	3	10		Rev. Hypers w/wt.	3	10		1Arm Supported Row	4	10	
Straight Bar Curls	3	10		Horizontal Row	3	10		Swiss Ball Jacknife	3	10	
Sand Bag Twist	3	10		MB Figure 8	3	10		1Arm DB Bench Press	4	10	
Weighted Dips	3	10		Swiss Ball Knockout	3	10	(15 sec.)	MB Kickouts	3	10	
Week 2											
A	sets	reps	wt.	B	sets	reps	wt.	C	sets	reps	wt.
Cleans	5	5		Rack Squats w/Bands	5	5		Weighted Pullups	5	5	
Flat Bench Press	5	5		1Arm/1Leg Cable Pull	4	5		Good Mornings	5	5	
KB Hammer Curls	5	8		Barbell Lunges	4	5		DB Stepups	4	5	
MB Situps w/toss	3	10		Rev. Hypers w/wt.	3	10		1Arm Supported Row	4	10	
Straight Bar Curls	3	10		Horizontal Row	3	10		Swiss Ball Jacknife	3	10	
Sand Bag Twist	3	10		MB Figure 8	3	10		1Arm DB Bench Press	4	10	
Weighted Dips	3	10		Swiss Ball Knockout	3	10	(15 sec.)	MB Kickouts	3	10	
Week 3 (ADD WEIGHT)											
A	sets	reps	wt.	B	sets	reps	wt.	C	sets	reps	wt.
Cleans	6	3		Rack Squats w/Bands	6	3		Weighted Pullups	6	3	
Flat Bench Press	6	3		1Arm/1Leg Cable Pull	6	5		Good Mornings	6	3	
KB Hammer Curls	6	8		Barbell Lunges	6	5		DB Stepups	6	5	
MB Situps w/toss	3	12		Rev. Hypers w/wt.	3	8		1Arm Supported Row	4	8	
Straight Bar Curls	3	8		Horizontal Row	3	12		Swiss Ball Jacknife	3	12	
Sand Bag Twist	3	12		MB Figure 8	3	12		1Arm DB Bench Press	4	8	
Weighted Dips	3	8		Swiss Ball Knockout	3	10	(30 sec.)	MB Kickouts	3	12	
Week 4											
A	sets	reps	wt.	B	sets	reps	wt.	C	sets	reps	wt.
Cleans	6	3		Rack Squats w/Bands	6	3		Weighted Pullups	6	3	
Flat Bench Press	6	3		1Arm/1Leg Cable Pull	6	5		Good Mornings	6	3	
KB Hammer Curls	6	8		Barbell Lunges	6	5		DB Stepups	6	5	
MB Situps w/toss	3	12		Rev. Hypers w/wt.	3	8		1Arm Supported Row	4	8	
Straight Bar Curls	3	8		Horizontal Row	3	12		Swiss Ball Jacknife	3	12	
Sand Bag Twist	3	12		MB Figure 8	3	12		1Arm DB Bench Press	4	8	
Weighted Dips	3	8		Swiss Ball Knockout	3	10	(30 sec.)	MB Kickouts	3	12	