

BRIDGTON ACADEMY ICE HOCKEY INSEASON WORKOUT PROGRAM								GROUP A			
NAME: _____											
DAY 1		Sets/Reps	Weight	DAY 2		Sets/Reps	Weight	DAY 3		Sets/Reps	Weight
Hang Cleans		4x5		Flat Bench Press		4x8		Squats		4x8	
Dips		3x10	n/a	Situps		3x15		Incline DB Bench		3x10	
Leg Throwdowns		3x15	n/a	Squats w/lat. Reach		3x10	n/a	Twist w/Med Ball		3x15	
Biceps DB Curls		3x10		Pullups		3x10	n/a	Back Extension		3x15	n/a
Wrist Roller		3x10		RDL		3x10		Upright Row		3x10	
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Wrist Roller		3x10		RDL		3x10		Upright Row		3x10	
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