



HOCKEY TRAINING.com

PHASE 3

CHEST / BACK - Heavy
Duration: Nov. 1st - 29th

A1 Deficit deadlifts (standing on 45lbs plate): 3010

Wkt 1:	3	x	5	120secs					
Wkt 2:	3	x	5	120secs					
Wkt 3:	3	x	5	120secs					
Wkt 4:	3	x	5	120secs					

A2 Flat BB bench press (1 second pause at the bottom): 3010

Wkt 1:	3	x	5	120secs					
Wkt 2:	3	x	5	120secs					
Wkt 3:	3	x	5	120secs					
Wkt 4:	3	x	5	120secs					

B1 Pendlay row: 3010

Wkt 1:	4	x	6 to 8	90secs					
Wkt 2:	4	x	6 to 8	90secs					
Wkt 3:	4	x	6 to 8	90secs					
Wkt 4:	4	x	6 to 8	90secs					

B2 Incline BB bench press: 3010

Wkt 1:	4	x	6 to 8	90secs					
Wkt 2:	4	x	6 to 8	90secs					
Wkt 3:	4	x	6 to 8	90secs					
Wkt 4:	4	x	6 to 8	90secs					

C1 Supinated grip lat pull down: 3010

Wkt 1:	4	x	13 to 15	60secs					
Wkt 2:	4	x	13 to 15	60secs					
Wkt 3:	4	x	13 to 15	60secs					
Wkt 4:	4	x	13 to 15	60secs					

C2 Flat DB bench press: 3010

Wkt 1:	4	x	13 to 15	60secs					
Wkt 2:	4	x	13 to 15	60secs					
Wkt 3:	4	x	13 to 15	60secs					
Wkt 4:	4	x	13 to 15	60secs					

D1

Wkt 1:		x							
Wkt 2:		x							
Wkt 3:		x							
Wkt 4:		x							

D2

Wkt 1:		x							
Wkt 2:		x							
Wkt 3:		x							
Wkt 4:		x							

SETS REPS REST LOG OF RESISTANCE AND REPS