



# HOCKEY TRAINING.com

PHASE 3

TOTAL BODY - Light  
Duration: Nov. 1st - 29th

**A1 DB goblet squat: 3010**

Wkt 1:	3	x	9 to 12	60secs					
Wkt 2:	3	x	9 to 12	60secs					
Wkt 3:	3	x	9 to 12	60secs					
Wkt 4:	3	x	9 to 12	60secs					

**A2 Seated BB shoulder press: 3010**

Wkt 1:	3	x	9 to 12	60secs					
Wkt 2:	3	x	9 to 12	60secs					
Wkt 3:	3	x	9 to 12	60secs					
Wkt 4:	3	x	9 to 12	60secs					

**B1 Bent over Yates BB row: 3010**

Wkt 1:	3	x	9 to 12	60secs					
Wkt 2:	3	x	9 to 12	60secs					
Wkt 3:	3	x	9 to 12	60secs					
Wkt 4:	3	x	9 to 12	60secs					

**B2 Flat DB chest fly: 4010**

Wkt 1:	3	x	9 to 12	60secs					
Wkt 2:	3	x	9 to 12	60secs					
Wkt 3:	3	x	9 to 12	60secs					
Wkt 4:	3	x	9 to 12	60secs					

**C1 Russian step ups: 2010**

Wkt 1:	3	x	9 to 12/leg	60secs					
Wkt 2:	3	x	9 to 12/leg	60secs					
Wkt 3:	3	x	9 to 12/leg	60secs					
Wkt 4:	3	x	9 to 12/leg	60secs					

**C2 L-lateral raises with external rotation: 3030**

Wkt 1:	3	x	9 to 12	60secs					
Wkt 2:	3	x	9 to 12	60secs					
Wkt 3:	3	x	9 to 12	60secs					
Wkt 4:	3	x	9 to 12	60secs					

**D1 Supinated EZ bar biceps curl: 3010**

Wkt 1:	3	x	9 to 12	60secs					
Wkt 2:	3	x	9 to 12	60secs					
Wkt 3:	3	x	9 to 12	60secs					
Wkt 4:	3	x	9 to 12	60secs					

**D2 Flat EZ bar skull crushers: 3010**

Wkt 1:	3	x	9 to 12	60secs					
Wkt 2:	3	x	9 to 12	60secs					
Wkt 3:	3	x	9 to 12	60secs					
Wkt 4:	3	x	9 to 12	60secs					

**SETS REPS REST LOG OF RESISTANCE AND REPS**