

National Sledge Hockey

All Groups Sample Hypertrophy Program

Day 1				
Shoulder Program Warm Up				
<i>Exercise Type</i>	<i>Set x Rep</i>	<i>Relative Intensity</i>	<i>Tempo (E:P:C)</i>	<i>Rest</i>
Med Ball Throws & Slams	3x8-10	Light & Fast	X	60"
1) DB Bench Press	4-5x5	Close to Failure	301	90"-120"
2) Incline BB Bench Press	3-4x10 1x20	Close to Failure	301	60"-90"
3) Landmine or DB Shoulder Press	3-4x10 1x20	Close to Failure	301	60"-90"
4a) DB Lateral Raise	3-5x15	Close to Failure	301	Superset
4b) DB Reverse Flye	3-5x15	Close to Failure	301	Superset
4c) Cable Chest Flye	3-5x15	Close to Failure	301	Superset
5) Core & Cooldown	15-30 minutes			

Day 2				
Shoulder Program Warm Up				
<i>Exercise Type</i>	<i>Set x Rep</i>	<i>Relative Intensity</i>	<i>Tempo (E:P:C)</i>	<i>Rest</i>
Med Ball Throws & Slams	3x8-10	Light & Fast	X	60"
1) 1-Arm DB Bench Supported Row	5-7x8	Close to Failure	301	90"-120"
2) Wide Grip Lat Pulldown or Pull Up	4-5x15 1x30	Close to Failure	301	60"-90"
3) Weighted TRX Row	4-5x15 1x30bodyweight	Close to Failure	301	60"-90"
4a) Cable Biceps Curl	3-5x20	Close to Failure	301	Superset
4b) Cable Triceps Extension	3-5x20	Close to Failure	301	Superset
4c) DB Wrist Curl & Extension	3-5x20	Moderate	301	Superset
5) Core & Cooldown	15-30 minutes			

Day 3				
Shoulder Program Warm Up				
<i>Exercise Type</i>	<i>Set x Rep</i>	<i>Relative Intensity</i>	<i>Tempo (E:P:C)</i>	<i>Rest</i>
Med Ball Throws & Slams	3x8-10	Light & Fast	X	60"
1) Weighted FULL Push Up	3-5x8	Close to Failure	301	90"-120"
2) DB Floor Press	3-4x15 1x30	Close to Failure	301	60"-90"
3) Incline DB Bench Press	3-4x15 1x30	Close to Failure	301	60"-90"
4a) DB Biceps Curl	3-5x15	Close to Failure	301	Superset
4b) EZ Bar California Press	3-5x15	Close to Failure	301	Superset
4c) DB Wrist Curl & Extension	3-5x15	Moderate	301	Superset
5) Core & Cooldown	15-30 minutes			

Program by Bryan Yu E-mail: byu@csicalgary.ca



National Sledge Hockey

All Groups Sample Hypertrophy Program

Day 4				
Shoulder Program Warm Up				
<i>Exercise Type</i>	<i>Set x Rep</i>	<i>Relative Intensity</i>	<i>Tempo (E:P:C)</i>	<i>Rest</i>
Med Ball Throws & Slams	3x8-10	Light & Fast	X	60"
1) Prone Bench or Seated Cable Row	5-7x5	Close to Failure	301	90"-120"
2) Neutral Grip Lat Pulldown or Pull Up	4-5x10 1x20	Close to Failure	301	60"-90"
3) Weighted TRX Row	4-5x10 1x20	Close to Failure	301	60"-90"
4a) Cable Lateral Raise	3-5x20	Close to Failure	301	Superset
4b) Cable Reverse Flye	3-5x20	Close to Failure	301	Superset
4c) DB Shrug	3-5x20	Close to Failure	301	Superset
5) Core & Cooldown	15-30 minutes			

Day 5 (Optional Saturday Beach Body Workout)				
Shoulder Program Warm Up				
<i>Exercise Type</i>	<i>Set x Rep</i>	<i>Relative Intensity</i>	<i>Tempo (E:P:C)</i>	<i>Rest</i>
1) DB Bench Press	3-5x10	Close to Failure	X	60"
2) Wide Grip Seated Cable Row	3-5x10	Close to Failure	301	60"-90"
3a) DB Concentration Curl	3-5x10	Close to Failure	301	60"-90"
3b) Cable Overhead Triceps Extension	3-5x10	Close to Failure	301	60"-90"
3c) DB Reverse Flye	3-5x10	Close to Failure	301	60"-90"
4) Core & Cooldown	15-30 minutes			

Program by Bryan Yu E-mail: byu@csicalgary.ca



**NATIONAL SLEDGE HOCKEY
SAMPLE WORKOUTS - MESO 1.2 - AEROBIC CAPACITY**



Workout #1 - Aerobic Fartlek - Start with 1x/week. Complete this 2x per week as you progress or add Workout #4
45 min **Can repeat the pattern of Zones 0/1/2 again for a longer workout of 60 minutes or 75 minutes as you improve.

		Zone 1	Zone 2	Zone 1	Zone 2		Zone 1	Zone 2	
	Zone 0					Zone 0			Zone 0
Time	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min

Workout #2 - Recovery Ride
25 min

		Zone 1		Zone 1
	Zone 0		Zone 0	Zone 0
Time	5 min	5 min	5 min	5 min

Workout #3 - Zone 3 Aerobic Fartlek
47 min

		Zone 3		Zone 3	Zone 2	Zone 3
	Zone 1		Zone 1			Zone 1
Time	8 min	7 min	5 min	7 min	5 min	7 min
						8 min

Workout #4
 - 60-90 minute hike at zone 1 (can venture into zone 2 for short periods of time)