

National Sledge Hockey

Senior National Sample Peaking Program (Power & Speed)

STRENGTH 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	XXX	60"
1) Neutral Grip Pull Up [Add 0 to 30lbs]	5-7x3	Moderate & Fast	10X Max Effort!	180"
2) Band Resisted Bench Press or Band Resisted Push Up	5-7x3	Moderate & Fast	10X Max Effort!	180"
3a) Prone Bench BB Row or Inverted Row [Add 0 to 30lbs]	3-4x5	Light & Fast	10X Max Effort!	Superset
3b) Cable Chest Flye	3-4x5	Light & Fast	10X Max Effort!	120"
4a) Band Explosive Pull Through	2-3x(3+3); 15sec rest	Light & Fast	XXX	Superset
4b) Band Explosive Reverse Pull Through	2-3x(3+3); 15sec rest	Light & Fast	XXX	60"
5) Core & Cooldown	15-30 minutes			

STRENGTH 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	XXX	60"
1a) Weighted Neutral Grip Pull Up	5-6x2 (Build Up)	Build up to max	201	Superset
1b) Supine Lying Med Ball Throw	5-6x3	20lb and more	XXX	180"
2a) Weighted Push Up	5-6x2 (Build Up)	Build up to max	201	Superset
2b) Explosive Push Up or Seated MB Chest Pass	5-6x3	Bodyweight or 20lb and more	XXX	180"
3a) Biceps and Triceps	1-3x8-10	To Failure	301	Superset
3b) Delts and Traps	1-3x8-10	To Failure	301	Superset
4) Core & Cooldown	15-30 minutes			

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