



## How to Read Your Workout Program

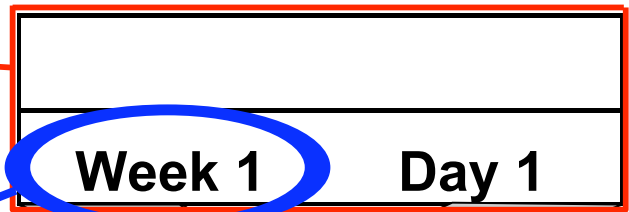
### 1. Find the chart for the day of the week you are on (Day 1, Day 2, or Day 3)

A. Usually Day 1 = Monday, Day 2 = Wednesday...and so on. However, it doesn't matter if Day 1 = Monday or if it equals Tuesday; Just make sure there is a day of rest in-between Day 1 and Day 2, Day 2 and Day 3.

### 2. Find the Week You

Are On (Week 1, Week 2, and so on...)

A. Make sure you are maintaining the training schedule week so that you don't hinder yourself from achieving the desired results from the program!



Day	Week 1	Day 1	Day 1	Week 3	Day 1	Week 4	Day 1	
Dynamic Hockey Walk	23 min	Optional	23 min	Optional	23 min	Optional	23 min	Optional
Dynamic Warmup	23 min	Optional	23 min	Optional	23 min	Optional	23 min	Optional
Ladder Drill	1 Workout	Optional	1 Workout	Optional	1 Workout	Optional	1 Workout	Optional
Cone Drill	1 Workout	Optional	1 Workout	Optional	1 Workout	Optional	1 Workout	Optional
Oxer Head Squat	Bar	x 6 Reps	Bar	x 6 Reps	Bar	x 6 Reps	Bar	x 6 Reps
PAIR W/	Bar	x 6 Reps	Bar	x 6 Reps	Bar	x 6 Reps	Bar	x 6 Reps
Ball Leg Curl	6 Reps	2 Sets	6 Reps	2 Sets	6 Reps	2 Sets	6 Reps	2 Sets
		Each Leg		Each Leg		Each Leg		Each Leg
Back Squat	55 X 5 Reps	80 X 1 Rep	55 X 5 Reps	80 X 1 Rep	55 X 5 Reps	75 X 1 Rep	55 X 5 Rep	80 X 1 Rep
	65 6,6,6,6	75 4,4,4,4	80 3,3,3,3	60 5,5,5,5				
Pair W/								
Cycle Kicks	4 reps	4 Sets	4 reps	4 Sets	4 reps	4 Sets	4 reps	4 Sets
		Each Leg		Each Leg		Each Leg		Each Leg
DB Bench Press	4 Sets	x 8 Reps	4 Sets	x 6 Reps	3 Sets	x 7 Reps	3 Sets	x 5 Reps
PAIR W/								
Lat Pull Down	4 Sets	x 8 Reps	4 Sets	x 6 Reps	3 Sets	x 7 Reps	3 Sets	x 6 Reps
BCU	3 Sets	x 6 Reps	3 Sets	x 6 Reps	3 Sets	x 5 Reps	3 Sets	x 5 Reps
PAIR W/								

### 3. Complete the workout as it is written.

A. Start from the Top and descend through the lifts labeled in the left column. Top to Bottom!

B. You will need to figure your own percentages out for your lifts based on you max for each lift. We will email to you your max for each lift.

C. Complete the lifts without reaching failure. Performing lifts to failure may cause more harm than good in our programs.

## 5. Repetition sets

When the repetition sets

Change in appearance

from:

55% x 6

80% x 4

75% x 4

To:

75% 4,4,4,4

Complete the last set as if it were written:

75% x 4

75% x 4

75% x 4

75% x 4

## XLathlete.com Hockey

Monday	Week 1	Day 1	Week 2	Day 1	Week 3	Day 1	Week 4
<a href="#">Dynamic Hockey Jog</a>	2-3 min	Optional	2-3 min	Optional	2-3 min	Optional	2-3 min
<a href="#">Dynamic Hockey Walk</a>	2-3 min	Optional	2-3 min	Optional	2-3 min	Optional	2-3 min
<a href="#">Dynamic Warm-up</a>	2-3 min	Optional	2-3 min	Optional	2-3 min	Optional	2-3 min
<a href="#">Ladder Drill</a>	1 Workout	Optional	1 Workout	Optional	1 Workout	Optional	1 Workout
<a href="#">Cone Drill</a>	1 Workout	Optional	1 Workout	Optional	1 Workout	Optional	1 Workout
<a href="#">Over Head Squat</a>	Bar	x 6 Reps	Bar	x 6 Reps	Bar	x 6 Reps	Bar
<b>PAIR W/</b>	Bar	x 6 Reps	Bar	x 6 Reps	Bar	x 6 Reps	Bar
<a href="#">Ball Leg Curl</a>	6 Reps	2 Sets	6 Reps	2 Sets	6 Reps	2 Sets	6 Reps
		Each Leg		Each Leg		Each Leg	
<a href="#">Back Squat</a>	55 X 5 Reps		<b>55 X 5 Reps</b>		55 X 5 Reps		55
	80 X 1 Rep		<b>80 X 1 Rep</b>		75 X 1 Rep		80
	65 6,6,6,6		<b>75 4,4,4,4</b>		3,3,3,3		60
<b>Pair W/</b>							
<a href="#">Cycle Kicks</a>	4 reps	4 Sets	<b>4 reps 4 Sets</b>		4 Sets		4 reps
		Each Leg	<b>Each Leg</b>		Each Leg		
<a href="#">DB Bench Press</a>	4 Sets x 8 Reps		4 Sets x 6 Reps		3 Sets x 7 Reps		3 Sets
<b>PAIR W/</b>							
<a href="#">Lat Pull Down</a>	4 Sets x 8 Reps		4 Sets x 6 Reps		3 Sets x 7 Reps		3 Sets
<a href="#">BDL</a>	3 Sets x 6 Reps		3 Sets x 6 Reps		3 Sets x 5 Reps		3 Sets

## 4. Pair W/ Exercises.

When you come across pair w/ exercises

In the same box as the lift you

are completing, realize that you are alternating between the first

listed lift and the pair with exercise(s). **For example:** In the example above you would do 4 Back Squats at 75% of your max followed by 4 Reps of Cycle Kicks (Each Leg), then resting for 2 minutes. You will complete this cycle 4 times as in the example above.