

Takedown the 27/5

4 weeks to getting stronger, faster,
more stable and kicking your
minimum skills in the face



Goal.

Ramping up strength training. Building more stability to transfer to skates for minimum skills.

Suggested Schedule.

- **3 strength training workouts per week.** Do each workout once per week, the order doesn't matter too much. If you need to do a training day on a practice day, make it FM#1.
- **2 on-skate practices per week (at least).** Keep track of your performance on basic minimum skills and the 27-in-5..

Notes.

Remember that sleep and nutrition take precedence over training. If you need to forgo training in order to eat a healthy meal or take a short nap, DO IT.

Work on the following nutritional habits:

- Consistently tracking your food intake.
- Eat a source of protein with every snack/meal.
- Drink lots of water!

This program will focus on a few basic trisets. That means you'll usually have 3 exercises paired together that you complete in order -- exercise 1, immediately followed by exercise 2, immediately followed by exercise 3.

At the end of each triset cycle, **rest for 1-2 minutes**. Make sure to hydrate and catch your breath during this time, but try not to sit down.

We're focusing on form over load. Don't worry too much about HOW MUCH you're lifting, but rather that you're doing the move properly. It will require you to think a lot about what you're doing and which muscles/body parts are moving, but it will make a huge difference in the long run! We want your body to know exactly how to move safely even when you're fatigued on skates.



Warm-up.

Complete the following before every training day:

WARM UP

[Prone Breathing](#) (8-10 breaths)

[Serratus/Lat Foam Roll](#)

[Adductor Foam Roll](#)

[Deadbug](#) (10 per side)

[Clamshells](#) (10 per side)

[Lying Hip Abductions](#) (10 per side)

[Side Plank](#) (20s L/R/L)

x2

Add the mini bands for clamshells and hip abductions when you feel ready (ideally by week #3). You ARE doing the side plank twice as much on the left side. Not a typo.



Workout.

Total Body #1

EXERCISE	SETS	REPS	NOTES
A1) Glute Kickback	2	8	NO WEIGHT; on all fours; kick glute back and up squeezing through the glute; keep lower back flat and core engaged
A2) Glute Bridge		12-15	NO WEIGHT; knees close to butt; push hips straight up and contract through the glutes hard at the top; lower with control
A3) Farmer's Walk		10yd	MEDIUM TO HEAVY WEIGHT; keep shoulders relaxed down your back and core engaged
B1) Plie Squat	2	12-15	NO WEIGHT; legs out wide; feet at 45° angle (or slightly less); lower straight down; keep knees over ankles
B2) Band Squat		12-15	NO WEIGHT; resistance band placed slightly below knees; keep torso upright and low back tight; try to lower to 90°
B3) Lateral Monster Walks		8	LIGHT RESISTANCE; resistance band placed slightly above knees; keep knees soft; step directly to the side; on each leg
C) Bulgarian Split Squats	2	8	NO WEIGHT; quick, but controlled; keep torso upright and core braced to help with balance; on each leg



Workout.

Total Body #2

EXERCISE	SETS	REPS	NOTES
A1) Step Ups	3	8	Hold weight down at sides; keep torso upright; make sure foot is fully on step; press through elevated foot and squeeze your glute to get to the top; lower with control; on each leg
A2) Curtsy Lunge + Kick		8	NO WEIGHT; hands and legs mimic crossover form as you curtsy back; keep core engaged and knee soft as you kick out; tap foot as needed for balance; on each leg
B1) Single Leg Glute Bridge	3	6	NO WEIGHT; use band around knees (if needed) to keep knee from caving in; hips should stay level as you push to top; squeeze glute; on each leg
B2) Box Jump		8	NO WEIGHT; pick a box height that is challenging, but not impossible; jump fully on to box and land softly; step back down and reset; form, not speed
C1) Single Leg Romanian Deadlift	2	8	Hold weight in hand opposite working leg; keep core braced and back flat; push hips backward and forward, not up and down; on each leg
C2) Plie Squat		10	Hold weight in goblet position on chest; legs out wide; feet at 45° angle (or slightly less); lower straight down; keep knees over ankles
D1) Ball Squats	2	10	NO WEIGHT; use the ball to guide your squat, but don't squish it between you and the wall; squat as low as you can comfortably; press evenly through feet as you stand
D2) Farmer's Walk		3 x 10yd	MEDIUM TO HEAVY WEIGHT; keep shoulders relaxed down your back and core engaged



Workout.

Total Body #3

EXERCISE	SETS	REPS	NOTES
A1) Bulgarian Split Squats	3	8	Hold weight down at sides; quick, but controlled; keep torso upright and core braced to help with balance; on each leg
A2) Side Lunges		8	Use a kettlebell as weight so you can hold it at the center of your body in goblet position or hanging down between your legs; keep your core engaged and chest up; non-working leg stays straight; on each leg
A3) Shuffle Push-ups		8	2 shuffle to each side before the push-up; if you can't do the push-up from your toes, increase the shuffles to 4 and drop the push-up -- TRY TO GET 1 OR 2 FROM YOUR TOES
B1) Stability Ball Hamstring Curl	2	8	Keep your feet flexed and your arms by your side with palms against the floor; fight to keep your body in a straight line; avoid sagging through the hips
B2) Banded Front & Back Walks		6	Stay in athletic stance; 6 steps on each leg in each direction
B3) Hanging Knees to Chest		5-10	Avoid using the Captain's Chair, I want you actually hanging all the way down for this; exhale as you lift to top; keep your shoulders engaged

