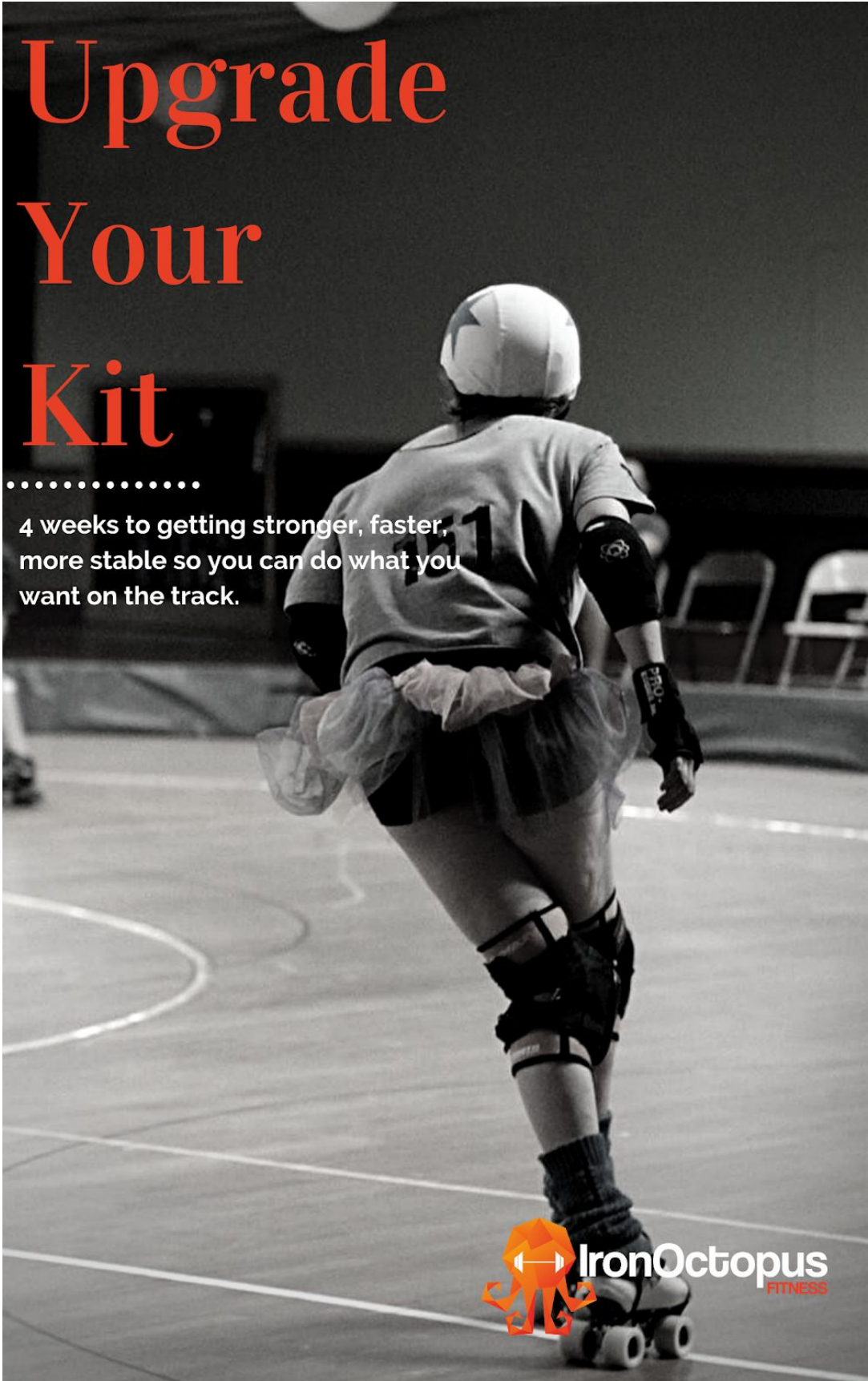


Upgrade Your Kit

.....
4 weeks to getting stronger, faster,
more stable so you can do what you
want on the track.



Goal.

Ramping up strength training. Building more stability to transfer to your skating skills.

Suggested Schedule.

- **3 strength training workouts per week.** Do each workout once per week, the order doesn't matter too much. If training 3x per week feels like too much because you practice a ton, here are some modifications you can make:

IF YOU AREN'T PRACTICING OR YOUR PRACTICES ARE MINIMAL/LIGHT: You can do all 3 training days. They can be organized however you'd like. Take at least 1 full rest day each week.

IF YOU PRACTICE 1-2 TIMES PER WEEK: Aim for 2 training days. Focus on getting in a lower body strength day and the upper body strength day. Active recovery and mobility where you need/want them. Take at least 1 full rest day each week.

IF YOU PRACTICE 3+ TIMES PER WEEK: You can do all 1-2 training days. Prioritize the upper body strength day and add in a lower body of your choice if you have the time/energy. Active recovery and mobility where you need/want them. Take at least 1 full rest day each week.

- **2 on-skate practices per week (at least).** Keep track of your performance on basic minimum skills, the 27/5, or whatever your current goal on skates is.
- **Spend time on full rest (1 day per week) and recovery.** This includes gentle yoga and stretching, foam rolling, and low-intensity mobility work.

Notes.

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

Work on the following nutritional habits:

- Eat a source of protein with every snack/meal.
- Get some carbs in 60-90 minutes before a practice or game.
- Drink lots of water!

But don't overthink these. If it happens, it happens. If it doesn't and your body feels great, then great! The most important thing is that you feel good mentally and physically.



Each strength training day has 3 basic supersets using exercises and movements that you are based on the movements that will most benefit your strength and stability as skater. Start light (most barbells weigh about 45lbs or 20kg) and add weight if it feels possible to do so.

At the end of each superset, **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.

You want every rep to feel like it had great form. If that's not possible at the weight you've chosen, go down a little and do the next set.

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) Bird Dog (10 per side) Clamshells (10 per side) Lying Hip Abductions (10 per side) Side Plank (20s L/R/L)
x2

Add [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 #1

Strong Suit (watch full video [HERE](#))

EXERCISE	SETS	REPS	NOTES
A1) Barbell Front Squat	4	6	MODERATE TO HEAVY WEIGHT; upper arms parallel to ground / chest and torso up / exhale as you stand to top / use your feet to rip the floor apart
A2) Negative Pushups	3	4-8	start in full plank position / slowly lower over 2-3s / focus on shoulder blades pulling together in the back / glutes and core engaged
B1) Dumbbell Step-Ups	3	10	reps are per side / place stepping foot fully on bench / all push shoulder come from foot on bench / dumbbells at your side / lean forward at hips slightly
B2) Inverted Row		AMR AP	AMRAP = as many reps as possible; aim for between 8-12 before form starts to suffer / draw shoulder blades together and down / elbows toward back pockets / at home version
C1) Single Arm Close Grip Row	2	AMR AP	AMRAP = as many reps as possible; aim for between 8-12 before form starts to suffer / draw shoulder blades together and down / elbows toward back pockets
C2) Dumbbell Walking Lunge		8	reps are per side / steps slightly wide / knees stay over shoelaces / lean forward slightly at hips
C3) Hollow Body Hold		30s	choose the most challenging version you can do for 30s / breath through it / reach out not up



Workout #2

Strong Armed (watch full video [HERE](#))

EXERCISE	SETS	REPS	NOTES
A1) Barbell Bench Press	4	6	MODERATE TO HEAVY WEIGHT; hands wide at the top / lower arms stay perpendicular to floor / shoulder blades helping to row the bar down / start with a dumbbell bench press if you've never done a barbell bench press before
A2) Hip Thrusts	3	10	keep chin tucked to protect neck and back / glutes squeeze hard at the top / avoid arching through lower back
B1) Incline Pushup	3	AMR AP	AMRAP = as many reps as possible; aim for between 6-10 before form starts to suffer / focus on shoulder blades pulling together in the back / glutes and core engaged / no incline or decline if these are easy for you
B2) Cable Pull Through		12-15	this is a hip hinge movement / hips move forward and back to move weight / arms straight and chin tucked / think of putting oranges under your armpits and squeezing
C1) Half-Kneeling Single-Arm Landmine Press	3	8	reps are per side / chest up and proud / barbell starts in rack position with elbow close to body / press should be straight overhead
C2) Seated Band Hip Abduction		30/30 /30	30 reps in each position: leaning forward, sitting upright, leaning back / keep "lean" at hips / hold the open position for 1-2s
C3) 3-Point Single-Arm Row		12-15	reps are per side / pull toward your hips not your chest / avoid letting shoulder creep up toward your ears



Workout #3

Strong Willed (watch full video [HERE](#))

EXERCISE	SETS	REPS	NOTES
A1) Barbell Deadlift	4	6	MODERATE TO HEAVY WEIGHT; barbell over shoelaces and shoulders over bar / start with a kettlebell deadlift if you've never done a barbell deadlift before
A2) Bottoms Up Kettlebell Hold	3	20s	time is per side / shoulder blade tucked in and down your back / once the hold starts to feel comfortable add a carry
B1) Curtsy Lunge	3	6	reps are per side / dumbbell in hand opposite working leg / use slider if possible / keep torso relatively upright
B2) Barbell Bent Over Row		8	start in bottom hinge position with back flat / palms facing your legs / draw elbows toward back pockets / let shoulder blades squeeze together and down at top
C1) Stability Ball Hamstring Curls	2	10-12	hips should stay at same level for entire lift; no bobbing up and down / use heels to draw the ball toward your butt
C2) Dumbbell Arnold Shoulder Press		10-12	use upright bench to support your back / dumbbells start in rack position, elbows close to body, palms facing you / rotate weight as arms press up to top
C3) Lat Pulldown		10-12	lean back slightly / row toward hips not your chest / let shoulder blades squeeze together and down at bottom

