Conroy Hockey Exercise Program.

The following are recommended exercises for kids aged 6 to 12. At the age of 13 your exercise regime needs to be double of what is listed below at at 14 it increases again 50%. And I would suggest that these are minimums. You can do more. So lets get your player started young to see the benefit of exercise. The following exercises are to be in ADDITION to normal activities and sports. Developing routines and habits are fantastics things to do.

The single easiest and least expensive way to get better at hockey is to become stronger and more fit. The following is 15 - 25 minutes of exercises per day to be done BEFORE any Video Games are played. Doing these exercises will simply make you better at EVERYTHING.

There are 7 days in a week. On Monday Wed and Friday do the Day 1 exercises. On Tues, Thursday and Saturday do the Day 2 exercises. On Sundays rest.

See our exercise Video here to see exactly how to do the

o do the <u>https://www.conroyhockey.ca/videos/</u>

Pushups Surr with 5 or more and each week add 1 more responses of the source add to show add 1 more responses of the source ad	rcises:		https://www.conroyhockey.ca/videos/
Puthps Start with or more and each weak all 1 mm rep. Import and to win battles. We do not not to be come body indices, but strength and power is NEEPED. Regular Pushps That wantery pure handares, aff and light allow the doe handwith means the studies power handares with and and in the pure handares. Import and the pure handares with and the pure handares with an are with and and in the pure handares. Wide Pushps Same pulse pure pure handares. Import and the pure handares with and and hand in the pure handares with and the and hand in the pure handares. And the pure handares with and hand in the hand in the hand in the hand in the hand in the pure hand in the hand in the hand in the hand in the hand in the multice of the the handare date. Antong core is meeled for every sport and everything that we do in horebury. Your Core correly your legs and support with and hand in the hand in the hand in the hand in the hand hand in the hand in the hand in the hand in the hand hand in the hand in the hand in the hand in the hand hand in the hand in the hand in the hand in the hand hand in the hand in the hand in the hand in the hand hand in the hand in the hand in the hand in the hand in the hand hand in the hand in the hand in the hand in the hand in the hand hand in the hand in the hand in the hand in the hand hand in the hand in the hand in the hand in the hand in the hand hand in the hand in the hand in the hand in the hand in the hand hand in the hand in the hand in the hand in the hand hand in the hand in the hand in the hand in the hand in the hand hand in the hand in the hand in the hand in the hand hand in the hand in the hand in the hand in the hand in the hand hand in the hand in the hand in the hand in the hand hand in the hand in the hand in the hand in the hand hand in the hand in the hand in the hand in the hand hand in the hand in t		Day 1	
Regular Pashapa In out which your doubles, will not light dollares the property of the transmission of of t	Pushups		
write and forearms and create a longer strake on your push A strong core is needed for every sport and everything that we do in hockey. Your Core controls your like and longe and support your tupper hody, a storg or core is likerally at the center of it and helps with your balance and power. Leg Raises Lef fit on the floor or carget body stretched out. Your legs are stiff and bagether. Using your tumper hody, a storg or core is likerally at the center of it are stiff and bagether. Using your tumper hody as torg or core is likerally at the center of it are stiff and bagether. Using your tumper how helps with your balance and power. Leg Raises Lef fit on the floor or carget body stretched out. Your legs are stiff and bagether. Using your tump worker take how the floor to goort tupper hody stretched out. Your legs are stiff and bagether. Using your tump much care your tump your tupped how the floor to goort tupper hody stretched out. Your legs are stiff and bagether. Using your tummy much care you have all thy your break at floor back and floor or care how the core large most how the core large most how the short here are how the care is beaden how the goort and the power and free that how core and power. The Plank Early or mode and mode and the power and free that how and strong care power. Beach day to 2 sets of early the short how or the goort and the short how and the streng how and how the short how and the streng how how the west how the streng how the floor or and how have the short how and the how and the streng how and how and the how and the streng how the how and the your floor the add how and the streng how and how the streng how the how and the your test how the how the streng how and how the streng how the how and the your test how the how of the your test how the how how how the streng how the how the your tes	Diamond Pushups Wide Pushups Fast Pushups	on a basel) hands and toes on the ground, PUSM UP then drops slowly then repeat hreading our then you push UP. Same push up position as above except now your index fingers and thumbas are touching. Canade of your shoulders. This push the position has now your hands are wide (notated of your shoulders). This push up is the same as the Regular however it is from This push up is the same as the Regular however it is from possible. The possible state of the same should be the same should be instead of using a flat hand try to use just your fingerips as this strengthers your hands. Also instead of a flat hand try	16 mps 17 mps 18 mps 9.18.19 mps 15,20 mps
 Supermarks or Core Exercises. Surt with a Least s of each of these exercises and add 1 repetition per week. Le fit to the floor or carpet boly attended out. You legating the period of the floor or carpet boly attended out. You legating the period of the floor or carpet boly attended out. You legating the period of the floor or carpet boly attended out. You legating the period of the floor or carpet boly attended out. You legating the period of the floor or carpet boly attended out. You legating the period of the floor or carpet boly attended out. You legating the period of the floor or carpet boly attended out. You legating the period of the floor or carpet boly attended out. You legating the period of the floor or carpet boly attended out. You legating the period of the floor or carpet boly attended out. You legating the period of the floor or carpet boly attended out. You legating the period of the floor or carpet boly attended out. You legating the period of the floor or carpet boly attended out. You legating the period of the floor or carpet boly attended out. You legating the period of the floor or carpet boly attended out. You legating the period of the second period how and the floor or carpet boly attended out. You legating the period of the second or period how and the second or period how and the floor or carbot how and the period of the second or period how and the second or period how and the second how and the second how the period of the second or period how and the second how and the period of the second how and the second how and the second how and the second how and the second here the second here and how and here and how and the second here and how and	rusn up variations	wrists and forearms and create a longer stroke on your push	
Leg Raises Lef htten the flow or carpet body sterkhol out. Your legs are UT rens 10 reps 0.3.1.10 reps 15.40 r meeting and spectre. Using your human much case the sterior frame of the sterior here the to the for the result of the spectra here the to the flow or results of the second here here then to the flow for a result flam of spectre. Using your human much case the spectra flam of the flow or respective spectra flam of the flow or respective spectra flam of the flow or results. The spectra here here the spectra flam of the flow or result here here and result. Leve your tanks and if you flag and are your flam of the flow or results. The Plank the seconds here here and result. Leve your tanks and if you flag and are to the flows and are result. The Plank the sector are proved. Leach day to 2 sets of each and a doubter to have a flag and with power. Big thighs and strong calves and and here each are are are the set of the sector are are are are are to the flow are	it-ups/Crunches or Core Exercises.		
The Plank Supermar's control in the interval represent. Field this in the interval represent of the interval represent interval represent interval represent interval represent repres	Leg Raises	are stiff and together. Using your tummy muscles raise your straight legs up 15 to 25 cm above the floor, hold them still for 2 seconds then lower them to the floor for 2 seconds. REPEAT! Lie flat on the floor or carpet body stretched out. Your legs are stiff and logether. Using your tummy muscles raise	Week 1, 6, 11, Week 2, 7, 12, Week 3, 8, 13, Week 4, Week 5, 10, 16 reps 17 reps 18 reps 9.14.19 reps 15, 20 reps
superinants ending: Hold in the uppeaktion for 1 second hen lower and repert Sought strong holy hold like a board on your efforts and nor of al- or of al- ents Sought strong holy hold like a board on your efforts and nor of al- ents The Plank Sought strong holy hold like a board on your efforts and muscles nor wrath hold hand hels terms your legs curling two head and hold fore your lank, knees hert. Using your tunning muscles nor wrath hold hand hels terms your legs curling two head and hold fore your lank, knees hert. Using your tunning muscles nor wrath hold hand hels terms your legs one EVERYTHING if you want to skate faster exercises below. Legs Start with 10 repts of each and add 2 repts per exercises below. Strong legs are EVERYTHING if you want to skate faster and with power. Big thighs and strong calcular and al- start you may need to here stand along the rept of the mass of the stand on the stand you are to the start, you may need to have mained in the stand on the stand you may need to have makes and after down and a fir gas possible. You can add stand on the stant, you may need to have makes and the rot to house only the part balance. Lower after down and a fir gas possible for a stand and the rot to house only the stand and want. Week 1, 51, Week 2, 51, Week 3, 8, 1, Week 4, Week 5, 16 rem Week 5, 11, Week 2, 71, 12, Week 3, 8, 1, Week 4, 16 rem Week 5, 16 re	Upper Body Crunch	your upper body straight up to the ceiling with your hands touching your ears up to the ceiling not towards your feet. Try to get your shoulders to leave the ground. Hold this nosition for 1 second then lower and reneat. Lie on your tummy arms and legs stretched out stiffly.	
The Plank tess. Breache and hold if or 20 seconds and more each work out of the data is the intervention of the data is the intervention of the data is the intervention. Using your tunne, the week beach. Using your tunne, the data is the intervention of the data is the intervention of the data is the data i	Superman's	ceiling. Hold in the up position for 1 second then lower and repeat	
Legs Start with 10 reps of each and add 2 reps per carcrise per week. Each day do 2 sets of each carcrise below. Strong legs are EVERYTHING if you want to skate faster and with power. Big thighs and strong calves and ankes. Legs together Spart Sand with your feet together, le will balancel. Low as far down and a far ga as possible then stand up again. Go as far down and a far ga as possible then stand up again. Go as far down and a far ga as possible then stand up again. Go as far down and a far ga as possible then stand up again. Go as far down and a far ga as possible then stand up again. Go as far down and a far ga as possible then stand up again. Go as far down and a far ga as possible then stand up again. Go as far down and a far ga as possible then stand up again. Go as far down and a far ga as possible then stand up again. You can add and 10 to put far so as bala. Now the then and a far ga as possible then stand up again. You can add and 10 to the balances. The Prog. Jumps Event year of the short of the stand up again. You can add and 10 to to 10 handbelfs to you watch Prow. Walk 2 sterns had and Receat Every Hockey Player should have strong hands to shoot st handle and to be physichal. Week 1, 0, 11, Week 2, 7, 12, Week 3, 8, 13, Week 4, Week 5, 10 reps Hand squeezes Take the tensis hall in your right hand, holding it in the content. Weng your fight panch, holding it in the content. Weng your fight panch holding if in the content. Weng your fight panch holding if		toes. Breathe and hold for 20 seconds and more each work out day. Lie flat on your back, knees bent. Using your tummy muscles now reach both hands between your legs curling	
Legs exercise below. Counting large are by FAT FITAO U 1900 with the Sale at last or and with one activation of a solution state in the second strong calves and analyse. Legs together Square Stand with your feet together, he well balanced. Lower your how he takin, you may need to support, and with a solution struct and with normal strong calves and analyse. Week 1, 0, 11, Week 2, 7, 12, Week 3, 8, 13, Week 8, Week 5, 10 (res 12 rem). Legs together Square Stand with your feet together, he well balanced. Lower your more that strong your balance to the strain, you may meed to support source for than and with our source its set in the strain of the strain you may meed to support source feet that and your calves will attract. The source shifts a possible her strain and your may need to support source feet that and your calves will attract. Here source shifts a possible here shifts a possible here water the source of the participant of the shifts of your water for than a possible. Do the support possible here shifts a possible here shifts a possible. Do the support possible here shifts a possible. Do the support possible here water here and with possible here shifts and possible. Do the support possible here shifts and possible. Do the support possible here and balance and there are here and balance and the support possible. Do the support possible here are here and here are here and here and here are here and here and here are here are here are here and here are her		Day 2	
Logs together Squal Stand with your feet together, he well balanced. Lower 16 rems 17 rems 18 rems 9.14.19 rems 15.40 ref Logs together Squal Stand with your feet together, he well balanced. Lower 10 or 10 hambelish (ir you wanter so and wanter	Legs	exercise per week. Each day do 2 sets of each	
Calf Raises Tair, you may need to support yourself of hand you call houses. Nart by lowering your body you your feed fam ally your call houses. Will appose house you want for a single your body you house house you want. For your house as far down as possible here stard up again. You can add muld flow to 10 houmbled by you want. Go as far down and possible from the stard up again. You can add muld flow light you want. Go as far down and possible from the stard up again. You can add muld flow light you want. Go as far down and possible from the stard up again. You can add muld flow light you want. Go as far down and possible from the stard up again. You can add muld flow light you want. Go as far down and possible from the stard up again. You can add muld flow light you want. Go as far down and hereat. Frog Jumps Find a tennis hall to squeeze. Keep one near to your couch to squeeze while you want for the you want for the you want. For you can add muld hour you want the tennis hall in your your gift hand, holding it in the support to the tennis hall cover to your couch the squeeze hand. Every Hockey Player should have strong hands to shoot st hand low for your index farger and thumb and squeezes the hall to time ware hands. More the tennis hall hour your right hand, holding it in the support light hand holding the support light hand holding it in th	Legs together Squat	your body as far down as possible then stand up again. Go as far down and as far up as possible. You can add small 3lb or 10 lb dumbbells if you want. Stand on the stairs, you may need to have runners on to	
Legs spart Sput Every store body as fir down apossible them stand up gain. You can add small for to 10 humbled its you want. Gas a fir down and as fir up as resoluble. Frog Jumps exploid to intermise that long range of the stand up gain. You want the stand up gain your body on the stand up gain. You want the stand the stand up gain. You want the stand the stand up gain your body on the stand up gain. You want the stand up gain your body on the stand up gain. You want the stand up gain your body on the stand up gain. You want the stand up gain you want the stand	Calf Raises	stair, you may need to support yourself for balance. Start by lowering your body so your feet flex and your calves will stretch. Now lift up using your toes as high as possible. Do 2 legs then try to use only 1 leg to lift your body.	
Frog Jumps explode forward driving your legs and your body out like a Frow. Walk 2 stores back and Reset. Squeezes Find a tennis ball to squeeze. Keep one near to your couch to squeeze while you watch TV. Every Hockey Player should have strong hands to shoot st handle and to be physichal. Hand squeezes Find a tennis ball to squeeze keep one near to your couch to squeeze while you watch TV. Week 1, 11, Week 2, 11, Week 3, 13, Week 4, Week 5, 16, Week 5, Week 5, 16, Week 5, Week 5, Week 5, Week 5, Week 5, 1	Legs apart Squat	Lower your body as far down as possible then stand up again. You can add small 5lb or 10 lb dumbbells if you want. Go as far down and as far up as possible.	
Squeezes your couch to squeeze while you watch TV. handle and to be physichal. Image: Squeeze while you watch TV. Week 1, 11, Week 2, 11, 12, Week 3, 11, 5, Week 3, 11, 5, Week 7, 11, 24, Week 3, 11, 5, Week 3, Week	Frog Jumps	explode forward driving your legs and your body out like a	
16 reps 17 reps 18 reps 9.14.19 reps 15, 40 re Hand squeezes center. Wrap your fingers around the whole hall and squeeze it to time now change hands. 16 reps 17 reps 18 reps 9.14.19 reps 15, 40 re Thumb squeezes to time now change hands. More the termin ball doore to your index finger and thumb 16 Thumb squeezes the termin ball doore to your index finde of your prints 16 reps 17 reps 18 reps 9.14.19 reps 15, 40 re Thumb squeezes More the termin ball cover on your index field of your hand. More the termin ball to reps 16 reps 16 reps 16 reps 17 reps 18 reps 9.14.19 reps 15, 40 re Thumb squeezes the termin ball to reps will be the prints of the door of your prints will be reps 16 reps 16 reps 16 reps 16 reps 16 reps 17 reps 18 reps 9.14.19 reps 15, 40 reps	Squeezes		Week 1, 6, 11, Week 2, 7, 12, Week 3, 8, 13, Week 4, Week 5, 10,
Move the tennis ball closer to your pinkie side of your hand. Pinkie squeezes Squeeze the tennis ball between the pinkie finger side of		center. Wrap your fingers around the whole ball and squeeze it 30 times now change hands. Move the tennis ball closer to your index finger and thumb and squeeze the ball 30 times using mostly your index finger and humb.	16 reps 17 reps 18 reps 9.14.19 reps 15, 20 reps
	Pinkie squeezes	Move the tennis ball closer to your pinkie side of your hand. Squeeze the tennis ball between the pinkie finger side of	