AGES 14+

THE 20-MINUTE GARAGE WORKOUT

No gym. A floor, a wall and a bench or a sturdy step.

Open it on your phone

ABOUT 20 MINUTES	A BENCH OR A STURDY STEP	A GARAGE, A DRIVEWAY, A REC ROOM

Warm up, then the power work while you are fresh — that is the whole point of putting it first. Then three rounds of the work below. Quality beats reps every time: end a set the moment the form goes.

WARM UP

One time through. Do not skip it.

1. **Leg swings — front to back** — *10 each leg*
   Hold something for balance and swing one leg forward and back.
2. **Leg swings — side to side** — *10 each leg*
   Face a wall, swing one leg across your body and back out.
3. **World's greatest stretch** — *4 each side*
   Step into a long lunge, back knee off the floor, both hands inside the front foot.
4. **Marching high knees into A-skips** — *2 × 30 sec*
   March first: knee to hip height, opposite arm forward, tall through the chest. On the spot is fine if you are short of room.

POWER

2 rounds, first. Full effort, full rest.

5. **Skater bound and stick** — *4 each side*
   Push off the outside leg and bound sideways, landing on the other foot.
6. **Broad jump** — *3*
   Swing the arms back, then throw them forward as you jump out, not up. Stick the landing: feet hip-width, knees over toes. Hold it for 2 seconds.

THE WORK

3 rounds. Rest 1 min between rounds.

7. **Bulgarian split squat** — *8 each leg*
   Back foot on a bench, front foot far enough forward that the shin stays near vertical.
8. **Feet-elevated push-up** — *12*
   Feet on a bench, body in one line from heels to head. Feet on the floor is fine to start.
9. **Single-leg hop and stick** — *4 each leg*
   Hop forward a short way on one leg and freeze the landing for 2 seconds.
10. **Copenhagen plank** — *20 sec each*
    Top leg on a bench, bottom leg off the floor, body in a straight line. Start with the knee on the bench, not the ankle.

FINISH

11. **Couch stretch** — *45 sec each*
    Back knee against a wall or couch, shin up the wall, front foot flat in a lunge.
12. **Figure-4 glute stretch** — *30 sec each*
    On your back, ankle across the opposite knee, pull the bottom thigh toward you.

Built for healthy players by RinkReady. It adds to what your coach does, it does not replace it. If a movement hurts — not hard, hurts — stop it and ask someone who knows the player.

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