AGES 14+

INDOOR CONDITIONING

A rope and a bit of floor. Built in the shape of a shift.

Open it on your phone

ABOUT 24 MINUTES	A SKIPPING ROPE	A GARAGE OR BASEMENT

Six rounds in the shape of a shift: about a minute hard, then ninety seconds down. Hard means you cannot hold a conversation. If round six looks a lot slower than round one you went out too fast — the aim is six that match. The bounds come second, while the legs are still fresh enough to land them well.

WARM UP

1. **Marching high knees into A-skips** — 2 × 30 sec
   March first: knee to hip height, opposite arm forward, tall through the chest.
2. **World's greatest stretch** — 4 each side
   Step into a long lunge, back knee off the floor, both hands inside the front foot.
3. **Glute bridge — activation** — 12
   On your back, feet flat, drive through the heels and squeeze the glutes at the top.

SHIFTS

6 rounds. 90 sec easy between rounds.

4. **Jump rope — steady bounce** — 30 sec
   Elbows tucked near your ribs — the wrists turn the rope, not the arms.
5. **Skater bound and stick** — 4 each side
   Push off the outside leg and bound sideways, landing on the other foot. Stick the landing for a beat, hips back and knee over toes, then bound back.
6. **Lateral line hops** — 15 sec
   Feet together, hop side to side over a line as fast as you can.

THEN FINISH THE JOB

3 rounds, no rush.

7. **Feet-elevated push-up** — 10
   Feet on a bench, body in one line from heels to head. Feet on the floor is fine to start.
8. **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 chair, not the ankle.

FINISH

9. **Couch stretch** — 45 sec each
   Back knee against a wall or couch, shin up the wall, front foot flat in a lunge.
10. **Calf stretch on a wall** — 30 sec each
    Hands on the wall, back leg straight, heel down, hips forward.

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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