

**SPORT SPECIFIC TRAINING ROUTINE:**

Feel free to share your Sport Specific Training Circuit with your classmates and teacher here.

**SAMPLE**

**ICE HOCKEY- Mr. Troina**

**DAY ONE: SHOULDERS AND LEGS**

- 1) Shoulder raises-15lbs (10 reps 3 sets)
- 2) Dumbbell Squats on Balance board- 30lbs in each hand (10 reps 3 sets)-One legged squats on 2nd set
- 3)Shoulder press- 20lbs( 10 reps 3 sets)
- 4)Calve Raises- 30 lbs in each hand on platform( 10 reps 3 sets)
- 5)Trap lifts-45lbs in each hand( 10 reps 3 sets)
- 6)Leg abductors- 40lbs each leg(10 reps 3 sets)
- 7)Shoulder abduction-15 lbs each hand(10 reps 3 sets)
- 8)Vertical jumps- 20 medium height

**Basketball - Ajay Herod and PraVin**

**Day One: Cardio**

- 1) Interval Running (30 min High Intensity at 100% speed and Low Intensity 50% speed)
- 2) Stationary Bike (20 min High Intensity 80% Difficulty)
- 3) Stair Climber (20 min Medium Intensity 60% Difficulty)
- 4) Quick Feet (10 min High Intensity 80%speed)
- 5) Walking Lunges (10 min with 25 pound dumbbells)
- 6) Squat Jump (30 medium height)

**Basketball - Danyal and Suleman**

**Day One: Triceps and Lats**

- 1) Kickbacks - 15lbs (10 reps 4 sets )
- 2) Tricep Pushdowns - 40lbs (8 reps 4 sets)
- 3) Bench Dips- (Until Failure) ----Perhaps not until failure --Are you training for muscular endurance? yes
- 4) Overhead Tricep Extensions- 15lbs ( 8 reps 3 sets)
- 5) One Arm Dumbbell Roll - 45lbs ( 8 reps 3 sets)
- 6) One Arm Lat Pull- 30lbs ( 10 reps 4 sets)
- 7) Wide Grip Pull Ups- (Max)
- 8) Straight Arm PullDown- 30lbs( 8 reps 4 sets)

## Ice Hockey - Rohit, Sukhraj & Brinder

Day one: Arms and Shoulders

1. **One- Arm Side Laterals- 15lbs or more (3 Sets of 12 reps)**
2. .
3. **Side Lateral Raises - 15lbs or more (3 Sets of 8-12 reps)**
4. .
5. **Push ups - (3 Sets of 4-8 reps) ----Pushups works chest Another exercise for shoulders perhaps----**
6. .
7. **Reverse Flyes - 15lbs or more (3 Sets of 8-12 reps)**
8. .

-- For each workout, try lifting specific weights which you feel the most comfortable with.  
==Mr.Troina's comments-- I am happy that you have used the appropriate Training type. It is clear that you are training for strength(8-12 reps). For your leg workout will you target strength, endurance or power? -- -

## Soccer - Amanjit & Mahip

### Legs:

- **Leg press: (lightweight)**
- 90 pounds- 5 sets- 15 reps each
- **Body weight squats with bar:**
- 5 sets-20 reps
- **High intensity bicycles:**
- 10 minutes
- **Wall sit:**
- 30 seconds
- **Leg press isocentric:**
- 90 pounds- 5 sets- 15 reps each
- **High intensity bicycles:**
- 20 minutes

### Shoulders:

- **Shoulder press (dumbbells):**
- 20 pounds – 5 sets- 20 reps
- **Lateral raises :**
- 10 pounds-5 sets-15 reps

- **Arnold Raises:**
- 20 pounds-5 sets- 15 reps
- **Incline dumbbell presses:**
- 20 pounds – 5 sets- 20 reps

Students: Joshua, Shem and Matthew

Sport: Jujitsu

Training Type: Muscular Strength and Muscular Endurance

Repetition Range: 7 – 15

Day ONE – Legs, Shoulders and Core

- 1) Leg Press – 200lbs / 12 reps / 3 sets
- 2) Squats – 120lbs / 10 reps / 3 sets
- 3) Weighted Calf Raises – 30-40lbs / 15 reps / 3 sets
- 4) Lateral Raises – 20lbs / 8 reps / 3 sets
- 5) Shoulder Press – 25lbs / 8 reps / 3 sets
- 6) Knee Lifts on Bar – 10 reps / 3 sets
- 7) Crunches – 50 reps / 3 sets
- 8) Mountain Climbers – 30 reps each leg / 3 sets

Day TWO – Chest, Biceps/Triceps and Core

- 1) Bench Press – 90lbs / 8 reps / 3 sets
- 2) Dumbbell Flies – 20lbs / 8 reps / 3 sets
- 3) Push Ups – 25 reps / 3-4 sets
- 4) Dumbbell Curls – 20-30lbs / 10 reps / 3 sets
- 5) Pull Ups – 12 reps / 3 sets
- 6) Triceps Dips – 15 reps / 3 sets
- 7) V-Ups – 12 reps / 3 sets
- 8) Plank – 1 minute / 3 sets

### **Basketball- Manvir and Andy**

Day one: Triceps and Shoulders

- 1) **tricep pushdown**--45 lbs--(8-10 reps) 3 sets
- 2) **tricep pulldown**--45--(8-10 reps) 3 sets
- 3) **close grip bench press**--75 lbs--(8-10 reps) 3 sets
- 4) **tricep extensions(One arm at a time)**--15 lbs--(8-10 reps) 3 sets
- 5) **shoulder press**--25 lbs--(8-10 reps) 4 sets
- 6) **lateral raises**--15 lbs--(8-10 reps) 3 sets
- 7) **upright rows**--40 lbs--(8-10 reps) 3 sets
- 8) **bent over rear delt fly**--15 lbs--(8-10 reps) 3 sets

**Students: Chanpreet Shokar and Harman Rai**

Sport: Hockey

Training Type: Back and Triceps

\*\*\* Repetitions can range from 8-15 \*\*\*

**Day ONE: Triceps and Shoulder**

1. **Tricep Pushdown** 45 lbs (8-10 reps) 3 sets
2. **Pullups/ Chin-ups** (10-12 reps) 3 sets
3. **Seated Rows** 50 lbs (8-12 reps) 3 sets
4. **Tricep Pulldown** 45 lbs (8-10 reps) 3 sets
5. **Bent Over Rows** 50 lbs (8-10 reps) 3 sets
6. **Deadlifts** 90 lbs (8-10 reps) 3 sets
7. **Tricep Extensions** 15 lbs in each hand (8-10 reps) 3 sets
8. **Back Extensions** 90 lbs (8-10 reps) 3 sets
9. **Seated dips** (8-12 reps) 3 sets

**Offseason Basketball Workout**

**Harman B, Jordan, John**

**[Workout A](#)**

- 1) Squats 3 Sets x 8 Reps
- 2) Bench press 3 Sets x 8 Reps
- 3) Dead lift 2Sets x 5 Reps
- 4) Pull-ups 3 Sets x Max Reps
- 5) Chest dips 3 Sets x Max Reps

- 6) Shoulder press 3 Sets x 10 Reps
- 7) Lat Pull Down 3 Sets x 10 Reps

### Workout B

- 1) Squats 3 Sets x 8 Reps
- 2) Overhead press 3 Sets x 10 Reps
- 3) Power clean 3 Sets x 5 Reps
- 4) Pull-ups 3 Sets x Max Reps
- 5) Bicep Curl 3 Sets x 10 Reps
- 6) Chest Dips 3 Sets x Max Rep
- 7) Dumbbell Curl 3 Sets x 10 Reps

### Polymetrics

- 1) Box jump 3 Sets x 15 Reps
- 2) Jump squat 3 Sets x 10 Reps
- 3) Sprints 3 Sets x 10 seconds high intensity
- 4) Vertical jumps 3 Sets x 10 Reps
- 5) Stationary Cycle 10 Minutes
- 6) Suicides- 5 Minutes high intensity

Football by: paramroop

workout-

1. Shoulder raises-15lbs (10 reps 3 sets)
2. Tricep Pushdowns - 40lbs (8 reps 4 sets)
3. Bench Dips-3 sets max rep
4. tricep pulldown--45--(8-10 reps) 3 sets
5. Pull-ups 3sets max rep
6. Dumbbell curls 3 sets 15 reps
7. Hammer curls 3 sets 15 reps