



**CORE**  
TRAINING  
TIPS

## **TRX Training for Hockey** **Strength and Conditioning Program**

[www.coretrainingtips.com](http://www.coretrainingtips.com)



*TRX training has quickly become **the basic stone of training programs** of hundreds of professional sportsmen in the area of football, baseball, basketball, hockey, golf, tennis, skiing and snowboarding, swimming, surfing, motocross and practically by all other sportsmen who try to put through themselves.*

*With the TRX training routine below, you will **strengthen your whole body** in many planes of movement by using highly integrated movements.*

*The intensity of each exercise can be modified by selecting stance, choosing body angles and workout procedure.*

### ***TRX Workout plan for hockey players:***

	#	TRX exercise	series	rep / side
<b>mobility</b>	1	TRX T-Spine rotation	1	8 / side
	2	TRX hip mobility	1	8
<b>endurance</b>	1	TRX squat jumps	3	10-12
	2	TRX sprinter starts	3	10-12 / side
<b>round 1</b>	1	TRX incline press	3	40 sec / side
	2	TRX superman squat	3	40 sec
	3	TRX press + butterfly	3	40 sec
<b>round 2</b>	1	TRX overhead squat	3	40 sec
	2	TRX crossing lunge	3	40 sec / side
	3	TRX hamstring curl	3	40 sec
<b>round 3</b>	1	TRX row + clutch curl	3	40 sec
	2	TRX Y-fly	3	40 sec
	3	TRX torso rotation	3	40 sec / side
<b>round 4</b>	1	TRX hinge	3	40 sec
	2	TRX pike	3	40 sec
	3	TRX pendulum	3	40 sec
<b>cool down</b>	1	TRX lower back stretch	1	40 sec
	2	TRX lower back stretch with rotation	1	40 sec / side
	3	TRX long torso twist	1	40 sec / side
	4	TRX chest stretch	1	40 sec / side

**Watch a video of this workout [HERE](https://www.coretrainingtips.com/strength-and-conditioning-program/):**

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