

## Winchester Generals Daily Workout Routine

This routine takes less than 15 minutes per day and conditions your legs for improved stamina and hockey play. It is essential that you begin with a warm-up and stretch before you start the exercises. Always finish with another stretch. You can repeat the exercises as many times as you like, though just one set 3-7 times a week will have a positive impact on your game.

- 1- Warm-up (1 minute of jumping jacks or jogging in place)
- 2- Stretch (Hold leg stretches for 20 seconds each)
- 3- The Exercises. Do each exercise for 15-30 seconds. Always take 30-60 seconds between each exercise to rest your muscles.
  - A- Forward Lunges - step far forward and drop down so that your back knee almost touches the ground. Alternate legs.
  - B- Lateral Lunges - step far sideways and drop down so that your rear is at knee height. Alternate legs.
  - C- Squats - place feet 24-30 inches apart and squat down so that your rear is just inches from the ground. Hold for one second.
  - D- High Knee Jog - slowly jog with your knees coming as close to your chest as possible. Extension is more important than speed.
  - E- Wall Sprint - place your hands against the wall and sprint as if you are trying to push the wall.(Repeat exercises if you can. Try to go through the series of exercises 2-4 times)
- 4- Stretch (Hold leg stretches for 20 seconds each)

That's the routine! It is something you can do without the need of any equipment or special workout area. All you need is the floor and a wall. When you first begin this routine your muscles may ache a little. If so, allow 48 hours before repeating. Start with just one or two repetitions until your body is accustomed to the routine.

It is estimated that this routine (as with many exercise routines) is less than 50% effective without the stretching. PLEASE STRETCH!