

# STROUDSBURG FIELD HOCKEY PROGRAM

## WEEK 1

<b>Monday</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Notes</b>
<b>Exercises</b>	<b>Wt x Rep</b>	<b>Wt x Rep</b>	<b>Wt x Rep</b>	
Squats	X12	X12	X12	
Running Machine	Use chart	Use chart	Use chart	
Leg Extensions	X12	X12	X12	
Bench Press	X12	X12	X12	
Incline Press	X12	X12	X12	
Lat Pull Down	X12	X12	X12	
Seated Row	X12	X12	X12	
Push-ups	Burnout	Burnout	Burnout	
Wrist curls	X12	X12	X12	
Abs machine	X15	X15	X15	

<b>Wednesday</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Notes</b>
<b>Exercises</b>	<b>Wt x Rep</b>	<b>Wt X Rep</b>	<b>Wt x Rep</b>	
Explosion Machine	X12	X12	X12	
Shoulder Press	X12	X12	X12	
Lateral Deltoid Raise (free wts)	X12	X12	X12	
One arm pull- downs	Each arm x12	Each arm x12	Each arm x12	
Tri Pushdown	X12	X12	X12	
Bicep Curl	X12	X12	X12	
Calf Raises	X12	X12	X12	
Back Extention	X15	X15	X15	
Push-ups	burnout	burnout	Burnout	
Roman Chair (abs)	X15	X15	X15	

<b>Friday</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Notes</b>
<b>Exercises</b>	<b>Wt x Rep</b>	<b>Wt x Rep</b>	<b>Wt x Rep</b>	
Squats	X12	X12	X12	
Leg Curls	X12	X12	X12	
Running Machine	Use Chart	Use Chart	Use Chart	
Bench Press	X15	X15	X15	
Lat Pull Down	X12	X12	X12	
Push-ups	burnout	burnout	Burnout	
Wrist curls	X12	X12	X12	
Crunches	3 sets of 50	3 sets of 50	3 sets of 50	

