

## Penfield Field Hockey ABS Programs

<b>PROGRAM A</b>						
<b>Week</b>	<b><u>1</u></b>	<b><u>2</u></b>	<b><u>3</u></b>	<b><u>4</u></b>	<b><u>5</u></b>	<b><u>6</u></b>
<b><u>Exercise</u></b>	<b>Set x Reps</b>	<b>Set x Reps</b>	<b>Set x Reps</b>	<b>Set x Reps</b>	<b>Set x Reps</b>	<b>Set x Reps</b>
Full Sit up	3 x 20	3 x 20	3 x 25	3 x 25	3 x 30	3 x 30
Reverse Crunch	1 x 20	1 x 20	1 x 20	1 x 20	1 x 20	1 x 20
Legs straight up	1 x 15	1 x 15	1 x 20	1 x 20	1 x 20	1 x 20
90 degree knees	1 x 15	1 x 15	1 x 15	1 x 20	1 x 20	1 x 20
<b>PROGRAM B</b>						
<b>Week</b>	<b><u>1</u></b>	<b><u>2</u></b>	<b><u>3</u></b>	<b><u>4</u></b>	<b><u>5</u></b>	<b><u>6</u></b>
<b><u>Exercise</u></b>	<b>Set x Reps</b>	<b>Set x Reps</b>	<b>Set x Reps</b>	<b>Set x Reps</b>	<b>Set x Reps</b>	<b>Set x Reps</b>
Forearm Plank	2 x 20sec	2 x 30	2 x 45	2 x 50	2 x 50	2 x 60
Push-ups	2 x 20	2 x 20	2 x 25	2 x 25	2 x 25	2 x 30
Wrist Twists Forward	20 sec	30 sec	40 sec	50	60	60
Wrist Twists Backward	20 sec	30 sec	40 sec	50	60	60

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<b><u>Exercise</u></b>	<b>Set x Reps</b>	<b>Set x Reps</b>	<b>Set x Reps</b>	<b>Set x Reps</b>	<b>Set x Reps</b>	<b>Set x Reps</b>	
Barrier Hops (front/back)	2x15	2x15	2x10	2x10			
Barrier Hops (side/side)	2x15	2x15	2x10	2x10			
Spilt Jump (each leg)			2x8	2x10	3x8	3x8	
Squat jump			2x8	2x10	3x8	3x8	
Bounding					3x10	3x10	