



## Static Stretches - Lower Body

Strength & Conditioning Coach: Chet Koneczny

Program Emphasis: Deep Breathing (See Video)

Program Frequency: 2-3 days per week

Hold Stretch: 10-30 seconds (slowly release the stretch)

\*Stretch Order = A (Set 1) + B + A (Set 2) + C

Exercise	Weeks	Prescribed		Tempo	Actual								Technique Cue	
		Sets	Reps		Week 1		Week 2		Week 3		Week 4			
					Wt	Rep	Wt	Rep	Wt	Rep	Wt	Rep		
1A) Lying Quad Stretch	1	2e	30s	60s										<ul style="list-style-type: none"> <li>- Lay on your side, with a <b>neutral spine (See Glossary)</b>, bringing your top leg behind you to 90°</li> <li>- Reach back using the same-side arm and pull the leg behind you until it touches your buttock</li> <li>- Try your best to stay completely straight (knees/hips/shoulders)</li> </ul>
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	3	“	“	“										
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	Notes:													
1B) Lunge Hamstring Stretch	1	2e	30s	60s										<ul style="list-style-type: none"> <li>- Kneel with one leg bent, the other leg extended straight (heel in the ground); toe in the air</li> <li>- Keep your legs parallel</li> <li>- Keep a neutral spine &amp; scapular set; use a SB or object for stability</li> <li>- Lean forward to stretch the hamstring of the straight leg</li> </ul>
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	Notes:													
2A) Lying Hip Flexion	1	2e	30s	60s										<ul style="list-style-type: none"> <li>- Lay flat on your back with one leg straight, the other leg bent with your arms pulling your knee upwards towards your chest</li> <li>- Maintain parallel leg position; keep your neck flat on the ground</li> <li>- <b>Deactivate all of the muscles involved in the stretch</b></li> </ul>
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	Notes:													
2B) Lunge Hip Extension	1	2e	30s	60s										<ul style="list-style-type: none"> <li>- <b>Set 1</b> from the <b>athletic position</b>, lunge one leg forward to an 80° shin angle, simultaneously stretching the front of the trail hip/leg; twist towards the lead leg</li> <li>- <b>Set 2</b> elevate the toe of your trail leg on a riser (use a SB for balance) or any other object</li> </ul>
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	Notes:													
3A) Seated Hip Cross-Over Stretch	1	2e	30s	60s										<ul style="list-style-type: none"> <li>- From a seated position, keep one leg straight &amp; one leg bent and crossed over (approximately a 45° leg angle); pull the bent knee across your midline</li> <li>- Maintain the athletic position; keep your head up, chest up, neutral spine and shoulders set</li> </ul>
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	Notes:													
3B) Hockey Goalie Stretch	1	2e	30s	60s										<ul style="list-style-type: none"> <li>- Kneel on the ground and slide knees as far apart as possible</li> <li>- Keep your head up, chest up, a neutral spine and shoulders set</li> <li>- Tilt pelvis forward slightly to accentuate the stretch (arch back)</li> <li>- This stretch can also be done sticking one leg out to the side</li> </ul>
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	Notes:													
4) Split Stance Wall Calf Stretches	1	2e	30s	60s										<ul style="list-style-type: none"> <li>- Put your hands against the wall</li> <li>- Keep your trail leg back and straight, lead leg bent in front; lean hips forward (arch back); keep both feet flat on the ground</li> <li>- <b>Set 1</b> do from 12" away; <b>Set 2</b> do from 6" away; with your trail leg bent to approximately 45°</li> </ul>
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	Notes:													

**BW** Body Weight, **DB** Dumb Bell, **KB** Kettle Bell, **BB** Bar Bell, **MB** Medicine Ball, **SB** Swiss Ball, **EB** Exercise Bar, **e** each side, **s** seconds, **m** metres



## Static Stretches - Upper Body

Strength & Conditioning Coach: Chet Koneczny

Program Emphasis: Deep Breathing

Program Frequency: 2-3 days per week

Hold Stretch: 10-30 seconds (slowly release the stretch)

\*Stretch Order = A (Set 1) + B (Set 1) + A (Set 2) + B (Set 2)

Exercise	Weeks	Prescribed			Actual								Technique Cue
		Sets	Reps	Tempo	Week 1		Week 2		Week 3		Week 4		
					Wt	Rep	Wt	Rep	Wt	Rep	Wt	Rep	
1A) Door Frame Arm-Pit (Lat) Stretch & Post Mid-Back (Mid-Trap) Pull	1	2e	30s	60s									<ul style="list-style-type: none"> <li>- <b>Set 1</b> stand underneath a door frame, arms straight overhead (grip for support); lean forward, then to each side (equal amounts)</li> <li>- <b>Set 2</b> grip a post at waist height with one or both arms, feet close; lean back, bend your knees to 90°, arms straight; lean to each side</li> </ul>
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	Notes:												
1B) Chest Door Frame Stretch	1	2e	30s	60s									<ul style="list-style-type: none"> <li>- Stand in the athletic position facing perpendicular to a wall or any object that projects outward</li> <li>- <b>Set 1</b> put arm up to 90° and lean in to stretch the pectoral muscle</li> <li>- <b>Set 2</b> straighten your arm to 45° (gripping the wall) leaning in for this pectoral stretch variation</li> </ul>
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	3	"	"	"									
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	Notes:												
2) Cross-Arm Shoulder Stretch (Rear Deltoid)	1	2e	30s	60s									<ul style="list-style-type: none"> <li>- Pull one arm across your body, at shoulder height, using your opposite arm for leverage</li> <li>- Maintain the principles of the athletic position</li> <li>- Keeping your <b>shoulders</b> set is very important for this stretch</li> </ul>
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	Notes:												
3) Seated Neck (Upper-Trap) Stretch	1	2e	30s	60s									<ul style="list-style-type: none"> <li>- Sit on the end of a bench or any seat that allows your hand to grab comfortably underneath it</li> <li>- Sit perpendicular to the direction of the bench (straddle)</li> <li>- Grab the bench underneath you with one hand &amp; tilt your head towards the opposite shoulder</li> </ul>
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	Notes:												
4) Rotator Cuff Stretches: Tripod Shoulder Stretch  (External Rotators)	1	2e	30s	60s									<ul style="list-style-type: none"> <li>- Start in the quadruped position; bring one arm behind your back rotating your hand so your pinky finger is stationed as far up your lower back as possible</li> <li>- Keep your shoulders set while tilting your pelvis slightly back to initiate the stretch (arch back)</li> </ul>
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	Notes:												
5) Triceps Pull-Down Stretch	1	2e	30s	60s									<ul style="list-style-type: none"> <li>- Stand in the athletic position</li> <li>- Put your arm above and behind your head (at an approximate 90° angle), pushing down on your elbow with your opposite side hand to initiate the stretch</li> </ul>
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	3	"	"	"									
	4	"	"	"									
	Notes:												
6) Rotator Cuff Stretches: Sleeper Shoulder Stretch  (Internal Rotators)	1	2e	30s	60s									<ul style="list-style-type: none"> <li>- Lay straight on your side with the elbow beneath you in front &amp; bent at 90° (hand facing skyward)</li> <li>- Put a pillow or foam roll under your head; keep neck straight</li> <li>- Use your opposite arm to try and slowly push the said hand down into the ground</li> </ul>
	2	"	"	"									
	3	"	"	"									
	4	"	"	"									
	Notes:												

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