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CAMBRIDGE KODIAKS



PLAYOFF CHALLENGE



TRAIN LIKE A KODIAK

Push for Playoffs 2024/25

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Cambridge Kodiaks Playoff Challenge

Exercise Guide

Meet the Playoff Challenge. A set of off-ice workouts to help us push hard for playoff weekend.

Each workout is designed to be completed in 30 – 45 mins. All workouts can be done at home. It includes off days for rest.

The workouts are split between 5 key areas: Lower Body + Power, Upper Body, Core, Agility, and Endurance.

The Days are labelled and designed to rotate through each key area so you can allow your body time to properly recover.

It is important to follow the rotation so you are not doubling up on key areas (example – no back to back leg days) and making yourself vulnerable to injury.

All exercises are designed to be done at home. You will need access to a yard, park, and field. There are also a few that have weights, if you don't have access to weights, a book, canned good, etc... will do. They are basic exercises that are designed to help with hockey-specific areas.

If you want to increase the difficulty you can lengthen the set times, add extra weights, or run through the program twice.

At the end of this guide you will find Youtube videos, with time stamps, for each exercise listed throughout the challenge.

Prizes:

- 1 – Gift Voucher Worth £50: Puck Stop
- 1 – Gift Voucher Worth £50: Amazon
- 1 – Gift Voucher Worth £50: Maccies ;)

Prizes will be given out via a draw. To **QUALIFY** you need to participate in all challenge days (grace period for illness, other commitments, etc...), please send proof of participation (video, photo, etc...) to the group fitness chat with the tag “#Playoffchallenge2025”.

You can gain bonus entries by completing the “Bonus Point” sections of each daily card, or submitting content that you approve for use on social media. Tags, mentions (for the Kodiaks account), and shares (of Kodiaks Challenge content) on your own social media stories also count towards bonus entries.

We will also have weekly extra challenges for more bonus points!

*If you post on socials please tag #trainlikeakodiak



CHALLENGE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	1	2	3	4
5 DAY 1	6 DAY 2	7 DAY 3	8 DAY 4	9 REST	10 DAY 5	11 DAY 6
12 DAY 7	13 DAY 8	14 REST	15 DAY 9	16 DAY 10	17 DAY 11	18 DAY 12
19 REST	20 DAY 13	21 DAY 14	22 DAY 15	23 DAY 16	24	25
26	27	28	29	30	31	1
2	3	4				

KODIAKS

PLAYOFF CHALLENGE

Day 1 (Power + Lower Body)

Please be sure to warm up quickly before - dynamic stretching and a short jog to get your muscles moving as we do before games.

Workout:

2 minutes on, 1 minute break (x 2 for each exercise)

Challenge- Get as many sets in as possible within the time limit

SKATE BOUNDS X 20 (10 EACH LEG)

☐

SPLIT SQUAT JUMPS X 10

☐

Bonus Points:

2 Sets

T-STAND JUMPS X 20 (10 EACH LEG)

☐

Stick Handling:

1 minute on, 1 minute rest / exercise x3

Challenge: Get as many reps in as possible within the time limit

HORIZONTAL FIGURE 8'S

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WIDE HORIZONTAL FIGURE 8'S

☐

Cool Down / Stretch : 5 Minutes

☐

Focus on forearms and quad stretch out



KODIAKS PLAYOFF CHALLENGE

Day 2 (Upper Body)

Please be sure to warm up quickly before - dynamic stretching and a short jog to get your muscles moving as we do before games.

Workout:

1 minute on, 1 minute break (x3 for each exercise)

Challenge- Get as many sets in as possible within the time limit

PUSH UPS X12 (PRESS UPS)

☐

DIPS X 15 (FEET ELEVATED FOR HIGHER DIFFICULTY)

☐

Bonus Points:

3 x 10 Each Side

SINGLE ARM WALL PRESS UPS

☐

Stick Handling:

1 minute on, 1 minute rest / exercise x3

Challenge: Get as many reps in as possible within the time limit

FOREHAND L'S

☐

BACKHAND L'S

☐

Cool Down / Stretch : 5 Minutes

☐

Focus on forearms, shoulder, and tricep stretch out



KODIAKS

PAYOFF CHALLENGE

Day 3 (Core)

Please be sure to warm up quickly before - dynamic stretching and a short jog to get your muscles moving as we do before games.

Workout:

2 minute on, 1 minute break (x 4 per combined exercises)

Challenge- Get as many sets in as possible within the time limit

BICYCLE KICKS X 20

RUSSIAN TWISTS X 20

BIRD DOGS X 10

Bonus Points:

2 Sets

T-STAND JUMPS X 20 (10 EACH LEG)

Stick Handling:

1 minute on, 1 minute rest / exercise x3

Challenge: Get as many reps in as possible within the time limit

VERTICAL FIGURE 8'S

WIDE VERTICAL FIGURE 8'S

Cool Down / Stretch : 5 Minutes

Focus on core, back, and upper body stretch out

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KODIAKS

PLAYOFF CHALLENGE

Day 4 (Agility)

Please be sure to warm up quickly before - dynamic stretching and a short jog to get your muscles moving as we do before games.

Workout:

1 minute on, 1 minute break (x 3 for each exercise)

Challenge- Get as many sets in as possible within the time limit

AUDITORY T-TEST (AS MANY AS YOU CAN/ TIME LIMIT)

☐

LATERAL SUICIDES (AS MANY AS YOU CAN / TIME LIMIT)

☐

Bonus Points:

30 seconds x 3

FAST FEET

☐

SPLIT SWITCH

☐

Stick Handling:

1 minute on, 1 minute rest / exercise x3

Challenge: Get as many reps in as possible within the time limit

TOP HAND ONLY

☐

BOTTOM HAND ONLY

☐

Cool Down / Stretch : 5 Minutes

Focus on core, calf, quad and forearm stretch out

☐

KODIAKS

PLAYOFF CHALLENGE

Day 5 (Power + Lower Body)

Please be sure to warm up quickly before - dynamic stretching and a short jog to get your muscles moving as we do before games.

Workout:

2 minutes on, 1 minute break (x 4 for combined exercises)

Challenge- Get as many sets in as possible within the time limit

DOUBLE LEG BOUNDS (FROG JUMPS) X 10

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HOCKEY WALK (BACK THE LENGTH OF BOUNDS)

☐

Bonus Points:

3 x 30 seconds

WALL SITS

☐

Stick Handling:

1 minute on, 1 minute rest / exercise x3

Challenge: Get as many Sets in as possible within the time limit

HORIZONTAL FIGURE 8'S

☐

WIDE HORIZONTAL FIGURE 8'S

☐

Cool Down / Stretch : 5 Minutes

☐

Focus on quad and calf stretch out + forearms



KODIAKS PLAYOFF CHALLENGE

Day 6 (Upper Body)

Please be sure to warm up quickly before - dynamic stretching and a short jog to get your muscles moving as we do before games.

Workout: 10 Minutes

1 minute on, 1 minute break (x 5 per combined exercises)

Challenge- Get as many reps in as possible within the time limit

YOGA PUSH UPS (X 8)

YTW (X6)

Bonus Points:

2 Sets

SINGLE ARM WALL PRESS UPS

Stick Handling:

1 minute on, 1 minute rest / exercise x3

Challenge: Get as many reps in as possible within the time limit

NARROW TO WIDE

SINGLE LEG STICKHANDLING

Cool Down / Stretch : 5 Minutes

Focus on upper body + back stretch out

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KODIAKS

PLAYOFF CHALLENGE

Day 7 (Core)

Please be sure to warm up quickly before - dynamic stretching and a short jog to get your muscles moving as we do before games.

Workout:

2 minutes on, 1 minute break (x 2 for each exercise)

Challenge- Get as many reps in as possible within the time limit

RENEGADE ROWS X 10 / SIDE

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PLANKS + LOWER ROTATIONS X 6 - 8/ SIDE

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Bonus Points:

3 Sets

INCH WORMS X 8

☐

Stick Handling:

1 minute on, 1 minute rest / exercise x3

Challenge: Get as many reps in as possible within the time limit

VERTICAL FIGURE 8'S

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WIDE VERTICAL FIGURE 8'S

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Cool Down / Stretch : 5 Minutes

☐

Focus on core and back stretch out



KODIAKS

PLAYOFF CHALLENGE

Day 8 (Agility)

Please be sure to warm up quickly before - dynamic stretching and a short jog to get your muscles moving as we do before games.

Workout:

1 minute on, 1 minute break (x 5 per combined exercises)

Challenge- Get as many sets in as possible within the time limit

MCDAVID SHUFFLE X 20

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WIDEOUTS X 20

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LINE HOPS X20

☐

Bonus Points:

3 Sets

SINGLE LEG TOUCHES X 20/SIDE

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Stick Handling:

1 minute on, 1 minute rest / exercise x3

Challenge: Get as many reps in as possible within the time limit

TOP HAND ONLY

☐

BOTTOM HAND ONLY

☐

Cool Down / Stretch : 5 Minutes

Focus on core, calf, quad and forearm stretch out

☐

KODIAKS

PLAYOFF CHALLENGE

Day 9 (Power + Lower Body)

Please be sure to warm up quickly before - dynamic stretching and a short jog to get your muscles moving as we do before games.

Workout:

2 minute on, 1 minute break (x 3 per exercise)

Challenge- Get as many reps in as possible within the time limit

BULGARIAN SPLIT SQUATS X 10 (EACH LEG)

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T- STAND JUMPS X 12 (6 EACH LEG)

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Bonus Points:

2 Sets

TOWEL LEG CURL X 15 / SIDE

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Stick Handling:

1 minute on, 1 minute rest / exercise x3

Challenge: Get as many reps in as possible within the time limit

WALL SIT / SQUAT STICK HANDLING

☐

NARROW TO WIDE

☐

Cool Down / Stretch : 5 Minutes

☐

Focus on forearms, core, back, and quad stretch out



KODIAKS PLAYOFF CHALLENGE

Day 10 (Upper Body)

Please be sure to warm up quickly before - dynamic stretching and a short jog to get your muscles moving as we do before games.

Workout:

2 minutes on, 1 minute break (x 2 per exercise)

Challenge- Get as many reps in as possible within the time limit

STICK WRIST ABC'S X1 /SIDE

☐

SINGLE ARM WALL PRESS UPS X 8/ SIDE

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Bonus Points:

As many as you can in 60 seconds

STICK ROLL UPS

☐

Stick Handling:

1 minute on, 1 minute rest / exercise x3

Challenge: Get as many reps in as possible within the time limit

NARROW TO WIDE

☐

5 POINT TOE DRAG

☐

Cool Down / Stretch : 5 Minutes

☐

Focus on forearm, triceps, and core stretch out



KODIAKS

PLAYOFF CHALLENGE

Day 11 (Core)

Please be sure to warm up quickly before - dynamic stretching and a short jog to get your muscles moving as we do before games.

Workout:

2 minutes on, 1 minute break (x 3 per exercise)

Challenge- Get as many reps in as possible within the time limit

LEG RAISES X 20

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FLUTTER KICKS X 20

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Bonus Points:

2 Sets

RENEGADE ROW X 20 / SIDE

☐

Stick Handling:

1 minute on, 1 minute rest / exercise x 3

Challenge: Get as many reps in as possible within the time limit

VERTICAL FIGURE 8'S

☐

WIDE VERTICAL FIGURE 8'S

☐

Cool Down / Stretch : 5 Minutes

☐

Focus on forearms, core, and back stretch out



KODIAKS

PLAYOFF CHALLENGE

Day 12 (Agility)

Please be sure to warm up quickly before - dynamic stretching and a short jog to get your muscles moving as we do before games.

Workout:

2 minute on, 1 minute break (x 3 / exercise)

Challenge- Get as many sets in as possible within the time limit

WIDEOUTS X 20

☐

SHUTTLE RUN (AS MANY AS YOU CAN IN TIME GIVEN)

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Bonus Points:

2 Sets

LATERAL BALL DROP INTO SPRINT START

☐

Stick Handling:

1 minute on, 1 minute rest / exercise x3

Challenge: Get as many reps in as possible within the time limit

5 POINT TOE DRAGS

☐

TOP HAND ONLY

☐

Cool Down / Stretch : 5 Minutes

Focus on core, calf, quad, and forearm stretch out

☐

KODIAKS

PLAYOFF CHALLENGE

Day 13 (Power + Lower Body)

Please be sure to warm up quickly before - dynamic stretching and a short jog to get your muscles moving as we do before games.

Workout:

2 minute on, 1 minute break (x2 per exercise)

Challenge- Get as many reps in as possible within the time limit

SKATE BOUNDS X 20 (10 EACH LEG)

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CALF-RAISES X 20

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Bonus Points:

2 Sets

TOWEL LEG CURL X 15 / SIDE

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Stick Handling:

1 minute on, 1 minute rest / exercise x2

Challenge: Get as many reps in as possible within the time limit

WALL SIT / SQUAT STICK HANDLING

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NARROW TO WIDE

☐

Cool Down / Stretch : 5 Minutes

☐

Focus on forearms, core, back, and quad stretch out



KODIAKS PLAYOFF CHALLENGE

Day 14 (Upper Body)

Please be sure to warm up quickly before - dynamic stretching and a short jog to get your muscles moving as we do before games.

Workout:

2 minutes on, 1 minute break (x 3 per exercise)

Challenge- Get as many reps in as possible within the time limit

SINGLE ARM ROWS X 10 EACH SIDE

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DIPS X 20

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Bonus Points:

As many as you can in 60 seconds

STICK ROLL UPS

☐

Stick Handling:

1 minute on, 1 minute rest / exercise x2

Challenge: Get as many reps in as possible within the time limit

NARROW TO WIDE

☐

5 POINT TOE DRAG

☐

Cool Down / Stretch : 5 Minutes

☐

Focus on forearm, triceps, and core stretch out



KODIAKS PLAYOFF CHALLENGE

Day 15 (Core)

Please be sure to warm up quickly before - dynamic stretching and a short jog to get your muscles moving as we do before games.

Workout:

2 minutes on, 1 minute break (x2 per exercise)

Challenge- Get as many reps in as possible within the time limit

MOUNTAIN CLIMBERS X 20 (10 EACH SIDE)

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REVERSE CRUNCHES X 10 (CONTROLLED)

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Bonus Points:

2 Sets

RENEGADE ROW X 20 / SIDE

☐

Stick Handling:

1 minute on, 1 minute rest / exercise x 2

Challenge: Get as many reps in as possible within the time limit

VERTICAL FIGURE 8'S

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WIDE VERTICAL FIGURE 8'S

☐

Cool Down / Stretch : 5 Minutes

☐

Focus on forearms, core, and back stretch out



KODIAKS

PLAYOFF CHALLENGE

Day 16 (Agility)

Please be sure to warm up quickly before - dynamic stretching and a short jog to get your muscles moving as we do before games.

Workout:

1 minute on, 1 minute break (x 5 both exercises combined)

Challenge- Get as many sets in as possible within the time limit

MCDAVID SHUFFLE X 20

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LATERAL SUICIDES (AS MANY AS YOU CAN / REMAINING TIME LIMIT)

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Bonus Points:

2 Sets

LATERAL BALL DROP INTO SPRINT START

☐

Stick Handling:

1 minute on, 1 minute rest / exercise x2

Challenge: Get as many reps in as possible within the time limit

5 POINT TOE DRAGS

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TOP HAND ONLY

☐

Cool Down / Stretch : 5 Minutes

Focus on core, calf, quad, and forearm stretch out

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Warm Up:

- 5 - 10-minute Jog / Bike / Row
- Dynamic stretch (Walking lunges with twist, walking high kicks, walking butt-kicks, high knees, open gate hip walk, close gate hip walk, side shuffle, crossovers, grapevine, etc...)
- Standing stretch

This portion is at your discretion. You do however need to warm up in order to prevent injury.

Exercise Glossary

Lower Body and Power

(Below you will see a link to explainer videos. Next to the link you will see the time stamp. That time stamp is where you will find the exercise listed)

Bulgarian Split Squat (<https://bit.ly/40exercises>) – 0:20 Seconds

Double Leg Bounds (Frog Jumps) (<https://bit.ly/legbounds>) – 1:00 minute

Hockey Walk (<https://bit.ly/legbounds>) – 1:25

Skate Bounds (<https://bit.ly/40exercises>) – 1:28

Split Squat Jumps (<https://bit.ly/40exercises>) – 1:33

Towel Leg Curl (<https://bit.ly/40exercises>) – 0:39

T-Stand Jumps (<https://bit.ly/40exercises>) – 1:36

Wall Sits – (<https://bit.ly/40exercises>) – 1:14

Step-Up – (<https://www.youtube.com/watch?v=v2GfVnfmY7c>) – 1:15

Calf Raises – (<https://www.youtube.com/watch?v=k8ipHzKeAkQ>) – 0:22

Upper Body

Dips (<https://bit.ly/dipsprog>) – 0:00

Single Arm Wall Press Up (<https://bit.ly/1armpu>) – 0:00

Stick Wrist ABC's (<https://bit.ly/stickraisesabc>) – 0:00

Push Ups (Press Ups) (<https://bit.ly/40exercises>) – 1:45

Stick Roll Ups (<https://bit.ly/wristrollup>)- 0:00

Yoga Push Ups (<https://bit.ly/40exercises>) – 2:03

YTWs – (<https://bit.ly/40exercises>) – 1:50

Single arm rows – (https://www.youtube.com/watch?v=n5xUE3yho_s) – 0:00

Core

Bicycle Kicks (<https://bit.ly/bicyclekicksex>) – 3:24
Bird Dogs- (<https://bit.ly/40exercises>) – 0:27
Inch Worms (<https://bit.ly/40exercises>) – 2:27
Plank (<https://bit.ly/40exercises>) – 2:16
Planks + Lower Rotation(<https://bit.ly/40exercises>) – 2:35
Renegade Rows (<https://bit.ly/40exercises>) – 2:11
Russian Twists – (<https://bit.ly/russiantwistex>) – 0:00
T-Stand Jumps- (<https://bit.ly/40exercises>) – 1:36
Flutter Kicks – (https://www.youtube.com/watch?v=K5wuM_gNWYw) – 0:00
Leg Raises – (<https://www.youtube.com/watch?v=JB2oyawG9KI>) – 0:25

Agility

Auditory T Test (<https://bit.ly/audttest>) – 4:42
Fast Feet (<https://bit.ly/27exercises>) – 0:14
Lateral Ball Drop into Sprint Starts – (<https://bit.ly/27exercises>) – 2:47
Lateral Suicides (<https://bit.ly/lateralsuicides>) – 0:00
Line Hops (<https://bit.ly/27exercises>) – 0:29
McDavid Shuffle (<https://bit.ly/27exercises>) – 0:36
Single Leg Touches (<https://bit.ly/40exercises>) – 2:57
Split Switch (<https://bit.ly/27exercises>) – 0:07
Wideouts (<https://bit.ly/27exercises>) – 0:23
Cone Drill (<https://www.garagegymreviews.com/agility-exercises>) – final exercise, 3/4 of way down page.
Shuttle Run – (<https://www.garagegymreviews.com/agility-exercises>) – second to last exercise, 3/4 of way down page.

Stickhandling

Horizontal Figure 8's (<https://bit.ly/stickhandling27>) – 0:03
Wide Horizontal Figure 8's (<https://bit.ly/stickhandling27>) – 0:08

Forehand L's (<https://bit.ly/stickhandling27>) – 0:37
Backhand L's (<https://bit.ly/stickhandling27>) – 0:45

Vertical Figure 8's (<https://bit.ly/stickhandling27>) – 0:16
Wide Vertical Figure 8's (<https://bit.ly/stickhandling27>) – 0:21

Top Hand Only (<https://bit.ly/stickhandling27>) – 1:59
Bottom Hand Only (<https://bit.ly/stickhandling27>) – 2:03

Narrow to Wide (<https://bit.ly/stickhandling27>) – 0:29
Single Leg Stickhandling (<https://bit.ly/stickhandling27>) – 2:25

Wall Sit/ Squat Stick Handling (<https://bit.ly/stickhandling27>) – 2:30

5-Point Toe Drag (<https://bit.ly/stickhandling27>) – 0:54