

The Pre-Game Power Workout

By: Yunus Barisik, CSCS

Strength coach to NHL players, World Champions & 500+ hockey athletes

<https://Next-Level-Athletics.com>

Workout 1

Exercise	Sets	Reps	Rest	Notes
1) Trap Bar Jump	5	4	180s.	Light enough to jump high

Workout 2

Exercise	Sets	Reps	Rest	Notes
1) Power Clean From Hang	5	2	240s.	@80-85% of 1RM

Workout 3

Exercise	Sets	Reps	Rest	Notes
1A) Squat	4	1	60s.	@80-85% of 1RM
1B) Band-Assisted Jump	4	4	240s.	Alternate between 1A & 1B

Why This Works:

Heavy lifting 8-24 hours before a game excites your nervous system without creating fatigue.

Research shows this “potentiation” effect improves vertical jump and sprint times – meaning faster first steps and more explosive skating when it counts.

15 minutes and a few working sets is all it takes: enough to fire up your nervous system, not enough to drain it.

Questions? Email yunus@next-level-athletics.com

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<https://NextLevelHockeyTraining.com>