

BC Hockey Chin-Up Protocol (Recon Ron)

Chin-ups/Pull-ups are a great strength exercise for a variety of reasons; increased upper body strength, shoulder health, and direct transfer to skating speed. Additionally an indicator of relative body strength (strength to weight ratio)

This protocol uses increased volume to help with testing scores. Please follow prescription below.

Step 1 First you must know how many bodyweight reps you can perform (i.e. test). Once you know your number subtract 2 reps and start at the stage in set 1. Example: if you can perform 10 reps you will start at session 14.

Step 2 Perform all 5 sets with 90-120 seconds between sets.

Step 3 Increase to the next session only when you have successfully completed each the stage. If you miss even 1 rep in a given set stay at that stage again next workout. Perform this method 2-3 times per week.

Stage	Set 1	Set 2	Set3	Set 4	Set 5	Total Reps	Stage	Set 1	Set 2	Set3	Set 4	Set 5	Total Reps
1	1	1	1	1	1	5	18	10	8	6	6	6	36
2	2	2	1	1	1	7	19	10	8	7	6	6	37
3	3	2	2	1	1	9	20	11	8	7	7	6	39
4	3	2	2	2	1	10	21	12	9	7	7	7	42
5	4	2	2	2	2	12	22	13	9	8	7	7	44
6	4	3	2	2	2	13	23	14	9	8	8	7	46
7	4	4	2	2	2	14	24	14	10	8	8	8	48
8	5	4	3	2	2	16	25	15	10	9	8	8	50
9	5	4	3	3	3	18	26	16	10	9	9	8	52
10	6	4	4	3	3	20	27	16	11	9	9	9	54
11	6	5	4	4	3	22	28	17	11	10	9	9	56
12	7	5	4	4	4	24	29	18	11	10	10	9	58
13	7	6	5	4	4	26	30	18	12	10	10	10	60
14	8	6	5	5	4	28	31	19	12	11	10	10	62
15	8	7	5	5	5	30	32	19	12	11	11	11	64
16	9	7	6	5	5	32	33	20	13	11	11	11	66
17	10	7	6	6	5	34	34	20	13	12	12	11	68

Modified Recon Ron Chin-Up Protocol

If you cannot complete a stage after attempting it 3 different dates please contact coach Davey.

BC Hockey Testing Standards

Female U18	Male U16	Female U14-U16	Male U14
6-10 reps	10+ reps	1-4 reps	4-8 reps

