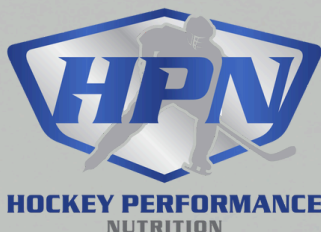


1 Day Dryland Challenge

2

**A No-Equipment Dryland
Challenge That Builds
Strength, Speed, And
Consistency At Home.**



About the 21-Day Dryland Challenge

The 21-Day Dryland Challenge is a no-equipment training program designed specifically for youth hockey players. Whether you're a beginner or an experienced athlete, this challenge helps build strength, speed, and consistency-right from home. Every session is short, focused, and intentional, ensuring you stay on track without needing any gear.

This preseason challenge is built around 3 key pillars of hockey performance:

- Balance & Core Stability
- Power & Speed
- Conditioning & Mobility

Each day targets one of these performance areas, with progressive movements that require only your bodyweight. By the end of the challenge, you'll be more confident, more conditioned, and better prepared for the upcoming hockey season.

Stick with it. Stay accountable. And finish stronger than you started.

- The Hockey Performance Nutrition Team

Day 1

Balance & Core Stability

Focus: Foundations – Balance, Core, and Mobility

Workout: Single-leg balance, plank shoulder taps, glute bridges

Exercise 1: Single-Leg Balance

Sets/Reps: 3 sets of 5 holds on each leg

How to Do It:

Stand on one leg with the other slightly raised. Keep your chest up and core engaged. Hold for 30–60 seconds, then switch legs.

Exercise 2: Plank Shoulder Taps

Sets/Reps: 3 sets of 10 shoulder touches each hand

How to Do It:

Hold a plank position and tap your left shoulder with your right hand, then your right shoulder with your left hand. Keep hips stable and avoid rocking your torso.

Exercise 3: Glute Bridges

Sets/Reps: 3 sets of 10 glute lifts

How to Do It:

Lie on your back with knees bent and feet flat on the ground. Lift your hips by squeezing your glutes. Hold for a second at the top, then lower slowly to the ground.

Day 2

Mobility & Movement

Focus: Foundations – Balance, Core, and Mobility

Workout: Hip circles, deep squats, inchworms

Exercise 1: Hip Circles

Sets/Reps: 3 sets of 10 circles on each leg

How to Do It:

Stand on one leg and lift the opposite knee. Slowly rotate your lifted leg in controlled circular motions. Focus on keeping your upper body stable and your movement smooth. Switch legs after each set.

Exercise 2: Deep Squats

Sets/Reps: 3 sets of 10 reps

How to Do It:

Stand with feet shoulder-width apart. Lower into a squat as deeply as your mobility allows, keeping your chest up and heels flat on the ground. Push through your feet to return to standing.

Exercise 3: Inchworms

Sets/Reps: 3 sets of 8 inchworms

How to Do It:

From a standing position, bend at the waist and walk your hands forward into a plank. Hold briefly, then walk your feet toward your hands and return to standing. Maintain a strong core and flat back throughout.

Day 3

Quick Feet Intro

Focus: Foundations – Balance, Core, and Mobility

Workout: Fast feet in place, lateral line hops, mountain climbers

Exercise 1: Fast Feet in Place

Sets/Reps: 3 sets of 20 seconds

How to Do It:

Stand tall with a slight knee bend. Rapidly alternate your feet in a running motion while staying in place. Focus on light, quick touches and keeping your core tight.

Exercise 2: Lateral Line Hops

Sets/Reps: 3 sets of 20 reps (10 each side)

How to Do It:

Imagine a line on the ground. Hop side to side over the line with both feet together. Keep the rhythm quick and controlled. Land softly and stay light on your feet.

Exercise 3: Mountain Climbers

Sets/Reps: 3 sets of 30 seconds

How to Do It:

Start in a strong plank position. Drive your knees toward your chest one at a time, alternating quickly. Keep your hips low and back flat throughout the movement.

Day 4

Core Control

Focus: Foundations – Balance, Core, and Mobility

Workout: Dead bugs, side planks, flutter kicks

Exercise 1: Dead Bugs

Sets/Reps: 3 sets of 10 reps per side

How to Do It:

Lie on your back with arms extended toward the ceiling and knees bent at 90 degrees. Lower your right arm and left leg simultaneously without letting your back arch, then return to the start. Alternate sides.

Exercise 2: Side Planks

Sets/Reps: 5 holds of 20–30 seconds each side

How to Do It:

Lie on your side and lift your body onto your forearm and the edge of your bottom foot. Keep your body straight from head to toe. Hold, then switch sides.

Exercise 3: Flutter Kicks

Sets/Reps: 3 sets of 20-30 seconds

How to Do It:

Lie on your back with hands under your hips. Lift your legs slightly off the ground and alternate small, quick kicks. Keep your lower back pressed into the floor.

Day 5

Lower Body Strength

Focus: Foundations – Balance, Core, and Mobility

Workout: Wall sits, lunges, calf raises

Exercise 1: Wall Sits

Sets/Reps: 5 holds of 30–45 seconds

How to Do It:

Stand with your back against a wall and slide down until your knees are at 90 degrees. Keep your back flat and arms relaxed. Hold the position without using your hands for support.

Exercise 2: Lunges

Sets/Reps: 3 sets of 10 reps per leg

How to Do It:

Step forward with one leg and lower your hips until both knees form 90-degree angles. Push back to the starting position using your front heel and repeat on the other leg.

Exercise 3: Calf Raises

Sets/Reps: 3 sets of 15 reps

How to Do It:

Stand tall and lift your heels off the ground, balancing on the balls of your feet. Pause at the top, then lower slowly. Use a wall for balance if needed.

Day 6

Recovery & Stretch

Focus: Foundations – Balance, Core, and Mobility

Workout: Foam roll (or towel roll), dynamic stretches, breathing

Exercise 1: Foam Roll (or Towel Roll)

Sets/Reps: Roll each muscle group for 30–60 seconds

How to Do It:

Use a foam roller or tightly rolled towel to gently roll out your calves, quads, hamstrings, and back. Move slowly and pause on tight spots.

Exercise 2: Dynamic Stretches

Sets/Reps: Full-body flow for 8–10 minutes

How to Do It:

Move through active stretches like leg swings, arm circles, hip openers, and torso twists to improve mobility and blood flow.

Exercise 3: Breathing

Sets/Reps: 10–15 slow, deep breaths

How to Do It:

Sit or lie down in a comfortable position. Inhale deeply through your nose for 4 seconds, hold for 2, then exhale slowly for 6 seconds. Repeat for relaxation and recovery.

Day 7

Balance Challenge

Focus: Foundations – Balance, Core, and Mobility

Workout: Eyes-closed balance, lateral lunges, core hold

Exercise 1: Eyes-Closed Balance

Sets/Reps: 3 holds of 30–45 seconds each leg

How to Do It:

Stand on one leg with your eyes closed and arms out for balance. Keep your core tight and body stable. Switch legs after each hold.

Exercise 2: Lateral Lunges

Sets/Reps: 3 sets of 10 reps each side

How to Do It:

Step to the side and lower into a lunge, keeping your trail leg straight and toes forward. Push back to the center and repeat on the other side.

Exercise 3: Core Hold

Sets/Reps: 8 holds of 20–30 seconds

How to Do It:

Lie on your back and lift your shoulders and legs off the ground, arms extended forward. Hold the hollow-body position, keeping your lower back pressed into the floor.

Day 8

Plyometric Base

Focus: Power & Speed – Plyos, Agility, Reaction

Workout: Squat jumps, jumping jacks, power skips

Exercise 1: Squat Jumps

Sets/Reps: 3 sets of 10–12 jumps

How to Do It:

Lower into a squat and explode upward into a jump. Land softly and immediately return into the next squat. Keep the motion fluid and controlled.

Exercise 2: Jumping Jacks

Sets/Reps: 3 sets of 25

How to Do It:

Start with your feet together and arms at your sides. Jump feet out while raising arms overhead, then return to start. Keep a steady pace and full range of motion.

Exercise 3: Power Skips

Sets/Reps: 3 sets of 10 per side

How to Do It:

Skip forward with height and drive your knee and opposite arm up explosively. Land softly and repeat, alternating sides.

Day 9

Agility Day

Focus: Power & Speed – Plyos, Agility, Reaction

Workout: Ladder patterns (imaginary), fast feet, side shuffles

Exercise 1: Ladder Patterns (Imaginary)

Sets/Reps: 3 sets of 20 seconds

How to Do It:

Visualize a ladder on the floor. Move your feet in and out through “rungs” with speed and control. Try various patterns like 1-in/1-out or 2-in/2-out.

Exercise 2: Fast Feet

Sets/Reps: 5 sets of 20 seconds

How to Do It:

Chop your feet quickly in place, staying on the balls of your feet. Keep your chest up and knees slightly bent for balance and control.

Exercise 3: Side Shuffles

Sets/Reps: 4 sets of 10 yards down and back

How to Do It:

Lower into an athletic stance and shuffle quickly sideways. Stay low and avoid crossing your feet. Repeat in both directions.

Day 10

Explosive Core

Focus: Power & Speed – Plyos, Agility, Reaction

Workout: Plank jacks, V-ups, Russian twists

Exercise 1: Plank Jacks

Sets/Reps: 3 sets of 20 seconds

How to Do It:

Start in a plank position. Jump your feet out wide, then back together like a jumping jack. Keep your core engaged and avoid bouncing your hips.

Exercise 2: V-Ups

Sets/Reps: 3 sets of 10–15 reps

How to Do It:

Lie flat on your back with arms and legs extended. Simultaneously lift your upper body and legs to meet in a “V” shape. Lower under control and repeat.

Exercise 3: Russian Twists

Sets/Reps: 3 sets of 20 reps (10 each side)

How to Do It:

Sit with your feet lifted and back at a slight angle. Rotate your torso and touch the ground beside your hips on each side. Keep your movements controlled.

Day 11

Lateral Power

Focus: Power & Speed – Plyos, Agility, Reaction

Workout: Skater bounds, lateral lunges, wall jumps

Exercise 1: Skater Bounds

Sets/Reps: 3 sets of 10 bounds each side

How to Do It:

Jump laterally from one foot to the other like a speed skater. Swing your arms naturally and land softly with control. Focus on distance and balance.

Exercise 2: Lateral Lunges

Sets/Reps: 3 sets of 8–10 reps each side

How to Do It:

Step to the side and sink your hips over the bent leg while keeping your other leg straight. Push back to center and alternate sides.

Exercise 3: Wall Jumps

Sets/Reps: 3 sets of 8–10 jumps

How to Do It:

Stand facing a wall. Lower into a squat and jump vertically as if trying to touch a spot on the wall. Land softly and reset quickly for the next jump.

Day 12

Reaction Time

Focus: Power & Speed – Plyos, Agility, Reaction

Workout: Mirror drills, hand clap reaction, jump on signal

Exercise 1: Mirror Drills

Sets/Reps: 3 rounds of 30 seconds

How to Do It:

With a partner or using your reflection, mirror their movements—side to side, forward/back, quick changes. If solo, make unpredictable footwork changes on your own.

Exercise 2: Hand Clap Reaction

Sets/Reps: 3 sets of 30 seconds

How to Do It:

Have a partner randomly clap or give a signal. On each clap, perform a quick jump or sprint in place. If solo, set a timer with random beeps or clap yourself at unpredictable intervals.

Exercise 3: Jump on Signal

Sets/Reps: 3 sets of 8–10 jumps

How to Do It:

Start in a ready stance. Have someone call “go” or use a sound to trigger a vertical jump. Reset and wait for the next cue. Focus on reaction speed.

Day 13

Mobility Flow

Focus: Power & Speed – Plyos, Agility, Reaction

Workout: World's greatest stretch, cat/cow, toe touches

Exercise 1: World's Greatest Stretch

Sets/Reps: 3 sets of 5 reps per side

How to Do It:

Step into a deep lunge, placing both hands on the ground. Rotate your torso and reach one arm upward toward the ceiling. Hold, then switch sides. Great for hips, hamstrings, and spine.

Exercise 2: Cat/Cow

Sets/Reps: 3 sets of 10 reps each direction

How to Do It:

On hands and knees, alternate between arching your back up (cat) and dipping it down (cow). Move slowly and breathe with each movement to increase spinal mobility.

Exercise 3: Toe Touches

Sets/Reps: 3 sets of 10 slow reps

How to Do It:

Stand tall, then bend at the hips and reach for your toes. Keep your knees slightly bent if needed. Rise slowly to standing and repeat to loosen hamstrings and lower back.

Day 14

Speed Challenge

Focus: Power & Speed – Plyos, Agility, Reaction

Workout: 1-minute foot fire, high knees, agility circuit

Exercise 1: Foot Fire

Sets/Reps: 3 sets of 20 seconds

How to Do It:

Chop your feet as quickly as possible in place, keeping your chest up and knees slightly bent. Stay light and explosive. Increase intensity each round.

Exercise 2: High Knees

Sets/Reps: 3 sets of 30–45 seconds

How to Do It:

Run in place, lifting your knees as high as possible. Use fast arm swings to increase tempo and stay on the balls of your feet.

Exercise 3: Agility Circuit (DIY)

Sets/Reps: 3 rounds: 20 seconds each movement

How to Do It:

Pick three quick movements (e.g., fast feet, lateral shuffles, jump turns) and rotate through each for 20 seconds. Rest briefly between rounds.

Day 15

Hockey Conditioning

Focus: Conditioning & Hockey-Specific Movement

Workout: 3x30s work/30s rest: squats, shuffles, mountain climbers

Exercise 1: Bodyweight Squats

Sets/Reps: 3 sets of 30 seconds

How to Do It:

Lower into a squat with your chest up and feet flat. Push through your heels to return to standing. Aim for continuous movement with good form.

Exercise 2: Side Shuffles

Sets/Reps: 3 sets of 30 seconds

How to Do It:

Shuffle quickly side to side in an athletic stance. Keep your feet wide, chest up, and avoid crossing your legs. Maintain pace throughout.

Exercise 3: Mountain Climbers

Sets/Reps: 3 sets of 30 seconds

How to Do It:

Start in a strong plank and drive your knees toward your chest one at a time. Move quickly while keeping your hips low and core engaged.

Day 16

Leg Burnout

Focus: Conditioning & Hockey-Specific Movement

Workout: Wall sit, squat holds, jump lunges

Exercise 1: Wall Sit

Sets/Reps: 6 holds of 30–45 seconds

How to Do It:

Press your back against a wall and slide down until your thighs are parallel to the ground. Keep knees above ankles and hold. Don't use your hands for support.

Exercise 2: Squat Hold

Sets/Reps: 5 sets of 30 seconds

How to Do It:

Lower into a squat position and hold without movement. Keep your chest up, knees in line with toes, and tension through your legs the whole time.

Exercise 3: Jump Lunges

Sets/Reps: 3 sets of 8–10 reps per leg

How to Do It:

Start in a lunge position and jump to switch legs mid-air. Land softly and drop into the next rep. Stay upright and control your balance.

Day 17

Core Burnout

Focus: Conditioning & Hockey-Specific Movement

Workout: Plank ladder, tuck holds, flutter kicks

Exercise 1: Plank Ladder

Sets/Reps: 5 rounds of 20–30 seconds

How to Do It:

Start in a forearm plank. Transition up to a push-up plank (on hands), then return to forearms. Continue climbing up and down while keeping your hips level.

Exercise 2: Tuck Holds

Sets/Reps: 5 holds of 20–30 seconds

How to Do It:

Sit on the ground, lift your feet off the floor, and pull your knees toward your chest. Wrap your arms around your legs or extend forward. Keep your back straight and core tight.

Exercise 3: Flutter Kicks

Sets/Reps: 5 sets of 20–30 seconds

How to Do It:

Lie on your back with legs extended. Hover your feet above the ground and alternate quick, small kicks while keeping your core engaged and lower back flat.

Day 18

Full Body Day

Focus: Conditioning & Hockey-Specific Movement

Workout: Burpees, skaters, plank jacks

Exercise 1: Burpees

Sets/Reps: 3 sets of 10 reps

How to Do It:

From standing, squat down, jump your feet back into a plank, jump back in, and explode upward. Add a push-up in the plank for an extra challenge.

Exercise 2: Skater Bounds

Sets/Reps: 3 sets of 10 reps each side

How to Do It:

Sit on the ground, lift your feet off the floor, and pull your knees toward your chest. Wrap your arms around your legs or extend forward. Keep your back straight and core tight.

Exercise 3: Plank Jacks

Sets/Reps: 3 sets of 20–30 seconds

How to Do It:

With feet shoulder-width apart, lower into a squat and stand tall. Control your movement on the way down and drive through your heels to stand up.

Day 19

Stickhandling Footwork

Focus: Conditioning & Hockey-Specific Movement

Workout: Foot ladder (imaginary), fast feet, cone shadowing

Exercise 1: Foot Ladder (Imaginary)

Sets/Reps: 3 sets of 30 seconds

How to Do It:

Visualize a ladder on the ground and run quick footwork drills in and out of each "rung." Maintain speed, accuracy, and low posture.

Exercise 2: Fast Feet

Sets/Reps: 3 sets of 30 seconds

How to Do It:

Chop your feet in place as fast as you can. Stay low in your stance and keep your head up. Focus on quickness and sharp movements.

Exercise 3: Cone Shadowing

Sets/Reps: 3 sets of 30 seconds

How to Do It:

Imagine or place cones in front of you. Move laterally and diagonally around them as if reacting to a puck or player. Keep your eyes up and change direction quickly.

Day 20

Mobility & Recovery

Focus: Conditioning & Hockey-Specific Movement

Workout: Stretch flow, slow breathing, visualization

Exercise 1: Stretch Flow

Sets/Reps: 5–7 minutes continuous movement

How to Do It:

Move gently through a full-body series of stretches: deep lunge with reach, standing toe touches, hip openers, spinal twists. Hold each stretch briefly and transition smoothly to the next.

Exercise 2: Slow Breathing

Sets/Reps: 8–10 slow, controlled breaths

How to Do It:

Sit or lie comfortably. Inhale deeply through your nose for 4 seconds, hold for 2, exhale through your mouth for 6 seconds. Focus on full relaxation with each breath.

Exercise 3: Visualization

Sets/Reps: 3–5 minutes

How to Do It:

Close your eyes and mentally rehearse success on the ice—executing clean passes, scoring a goal, or shutting down a rush. Focus on your movements, confidence, and performance.

Day 21

Final Challenge Day

Focus: Conditioning & Hockey-Specific Movement

Workout: Full-body test: 4 rounds of Day 18 circuit

Exercise 1: Burpees

Sets/Reps: 4 sets of 10 reps

How to Do It:

From standing, squat down, jump your feet back into a plank, jump back in, and explode upward. Stay consistent across all rounds.

Exercise 2: Skater Bounds

Sets/Reps: 4 sets of 10 reps each side

How to Do It:

Sit or lie comfortably. Inhale deeply through your nose for 4 seconds, hold for 2, exhale through your mouth for 6 seconds. Focus on full relaxation with each breath.

Exercise 3: Plank Jacks

Sets/Reps: 4 sets of 20 seconds

How to Do It:

In plank position, jump feet out and in. Maintain a tight core and controlled breathing.

CHALLENGE COMPLETE!

21 DAYS OF STRENGTH, SPEED, AND
CONSISTENCY – NO EQUIPMENT NEEDED



HOCKEY PERFORMANCE
NUTRITION

21-Day Dryland Challenge Tracker

Track your progress, build your routine, and stay focused!

Day	Date	Completed?	Motivational Quote
1		[]	Day 1: The work you do off the ice shows up when it matters most.
2		[]	Day 2: Small efforts every day lead to big results.
3		[]	Day 3: You don't need a gym to get stronger-just discipline.
4		[]	Day 4: The best players train when no one is watching.
5		[]	Day 5: Build your habits, and your habits will build you.
6		[]	Day 6: Rest and recovery are just as important as the reps.
7		[]	Day 7: Every rep gets you one step closer to your goals.
8		[]	Day 8: Strength is built through consistency, not intensity alone.
9		[]	Day 9: Champions are made when it's uncomfortable.
10		[]	Day 10: Push through the plateau-growth happens there.
11		[]	Day 11: Show up today stronger than yesterday.
12		[]	Day 12: Your effort today fuels your confidence tomorrow.
13		[]	Day 13: Greatness starts with showing up every day.
14		[]	Day 14: Energy and focus beat talent that doesn't train.
15		[]	Day 15: You're building more than muscle-you're building mindset.
16		[]	Day 16: One drill at a time. One day at a time.
17		[]	Day 17: Speed, strength, and hustle are earned, not given.
18		[]	Day 18: Success comes from doing the hard things on easy days.
19		[]	Day 19: Hockey rewards the prepared. Stay ready.
20		[]	Day 20: Training today = impact tomorrow.
21		[]	Day 21: You finished what you started. Be proud.



Meet The Coach

Terry Knealing is a **Certified Strength and Conditioning Coach, Sports Performance Nutritionist, and Level 4 USA Hockey Coach** with a passion for helping serious hockey players reach the next level.

As the founder of **Hockey Performance Nutrition (HPN)**, Terry leads a program built around one core belief:

There's no such thing as one-size-fits-all when it comes to hockey performance programs.

HPN's programs are **purpose-built to maximize on-ice performance, recovery, and long-term development**—through a combination of specialized functional training and advanced nutritional strategies tailored specifically to the needs of hockey athletes.

Before HPN, Terry built one of the top performance training companies in the Southwest, working with hundreds of athletes—across all levels. His clients have included elite performers from the MLB, NHL, NFL, PGA, ATP, MMA, NCAA, and NASCAR, giving him deep insight into what it takes to compete and recover at the highest levels.

HPN is **not** for casual players just looking to improve. It's for hockey athletes with the drive to **be the best—and be elite**. Through evidence-based programming and personalized 1-on-1 coaching, Terry helps players from 12U to the pros take ownership of their development, train with purpose, and build the mindset to rise above the competition.

Want To Learn More?

If this guide has sparked your interest, you're already one step closer to unlocking your full potential as a hockey player.

At Hockey Performance Nutrition (HPN), we specialize in helping serious athletes fuel for performance, train with purpose, and develop the habits that lead to long-term success. From 12U to pro-level competitors, we work 1-on-1 with players who are ready to commit to doing things differently—and doing things better.

Our programs go beyond surface-level advice. We teach hockey players how to:

- Maximize energy, speed, and stamina on the ice
- Recover faster and reduce injury risk
- Understand why nutrition matters—not just what to eat
- Build elite-level routines that separate good from great

Whether you're a parent looking to support your child's goals or a player ready to take your game to the next level, we're here to help you create a plan that fits.

Ready to take the next step?

➡ Visit HockeyPerformanceNutrition.com

✉ Or email us directly at:

info@hockeyperformancenutrition.com



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