

HEELCURVE HOCKEY

BANDED WOODCHOPS

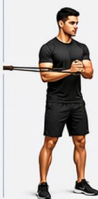
EXERCISE MECHANICS

WHAT IT IS

A rotational core exercise that builds anti-rotation strength, explosive rotational power, and core stability. It improves postural control, reduces injury risk, and enhances balance and performance.

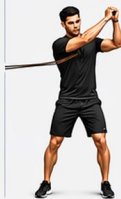
1 SET UP

Anchor a resistance band at chest height. Stand side-on to the anchor with feet hip-width apart. Engage your core and glutes.



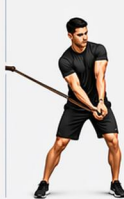
2 START HIGH

Hold the band with both hands. Raise your hands up and across your body to the outside of your shoulder, rotating your torso as you go.



3 CHOP DOWN

In a controlled motion, chop down across your body toward your opposite hip, rotating your torso throughout.



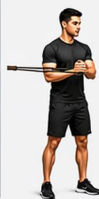
4 RETURN

Slowly return to the starting high position, rotating back through your torso.



5 REPEAT

Repeat for the desired number of reps or time, then switch sides and repeat.



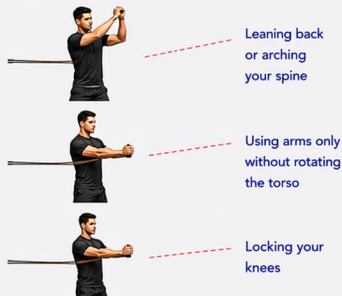
KEY POINTS

- Keep your feet rooted on the ground.
- Rotate through your torso, not just your arms.
- Keep your core tight and resist the band pulling you.
- Use a smooth, controlled motion.
- Focus on quality reps, not quantity.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Obliques
- Transverse Abdominis
- Rectus Abdominis
- Shoulders (Deltoids)
- Glutes
- Hip Flexors
- Core Stabilizers

TRAINING TIPS



Use as a core stability or performance exercise in your warm-up or workout.



Start with 2–3 sets of 8–12 reps per side or 20–30 seconds per side.



Increase band resistance or duration as you progress.



Include in lower body or hockey-specific training.