

HEELCURVE HOCKEY

OVERHEAD PLATE MARCH (10LB, STRAIGHT ARMS WHILE WALKING) EXERCISE MECHANICS

WHAT IT IS

A loaded carry exercise that builds core stability, shoulder endurance, and posture by marching forward with a weight held overhead in straight arms.

1 SETUP

Hold a 10lb plate overhead with straight arms. Brace your core and stand tall.



2 MARCH FORWARD

Lift one knee up and step forward into a controlled march.



3 CONTINUE MARCH

Keep marching forward, lifting knees and placing feet under control.



4 MAINTAIN FORM

Keep arms locked out, ribs down, core tight, and eyes forward.



5 FINISH

March for the desired distance or time with consistent form.



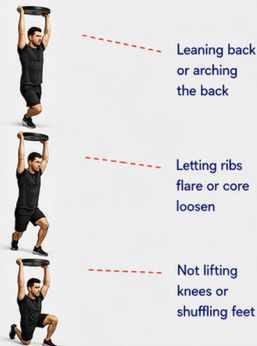
KEY POINTS

- Keep arms locked out and plate stable.
- Ribs down, core tight, don't overextend.
- March with control—no bouncing.
- Step heel-to-toe with each stride.
- Maintain posture from start to finish.
- Focus on quality reps, not quantity.

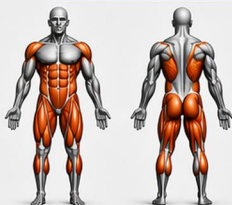
CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Shoulders
- Traps
- Core
- Glutes
- Quadriceps
- Hamstrings
- Calves
- Hip Stabilizers

TRAINING TIPS



Use for distance, time, or reps to build endurance and stability.



Start with lighter loads and master form before adding more.



Great as a finisher or part of a conditioning circuit.



Include in lower body or hockey-specific training.