M2 Hockey Workout Plan

Workout: Midget Major Dryland

Date: 11/10/09

Name: Circuit Training

Exercise	Reps (Goal)	Sets	Set #1 Reps	Set #1 Weight	Set #2 Reps	Set #2 Weight	Set #3 Reps	Set #3 Weight	Set #4 Reps	Set #4 Weight
Station 1: Pull-Ups / Pushups										
Station 2: Squats / Lunges										
Station 3: Box Hockey										
Station 4: 3 Puck Stickhandling										
Station 5: Dot Mat / 1 Foot Dot Mat										
Station 6: Stab. Ball Crunches / V-Ups										
Station 7: Front Raises / Side Raises										

Notes: