M2 Hockey Workout Plan

Workout: Midget Major Dryland - 7 Stations

Date: 11/17/09

Exercise	Reps	Sets	Weight	Notes
Box Hockey	-	-	-	Hallway
Pushups / Pull-Ups	10	3		Alternate Exercises
Front Squats	10	2	Bar	Supervised
Front Raises / Side rases	10	3	10	Alternate Exercises
Bicep Curls / Forearm Curls	10	3	25	Alternate Exercises
V-Ups w/ Stability Ball	10	3	-	
Slideboard Weight Stickhandling	30 seconds	Max	10	Use Goalie Pad Cover

Notes: