M2 Hockey Workout Plan

Workout: Midget Major - Circuit Training #2

Date: 09/29/09

Exercise	Reps	Sets	Weight	Notes
1) Bleachers	Alternate			
2) 2 Foot Box Jump	20, then rotate			
3) Box Hockey	N/A			
4) Pull Ups	Max			
5) Knee-Ins on Stability Ball	20, then rotate			
6) Stability Ball Pushups	Max			
7) M2 Pushup Routine	10, then rotate			
8) Slideboard	40 pushes			

Notes: