M2 Hockey Workout Plan

Workout: Midget Major Dryland - Station Set #3

Date: 10/06/09

Exercise	Reps	Sets	Weight	Notes
Bungee Leapfrom Jumps	5	2		
Dot Mat	30 sec	As many as time permits		
Box Jumps	15	As many as time permits		
Stability Ball Squats	15	As many as time permits		
Pullups / Chin-Ups	MAX	As many as time permits		
M2 Pushup Routine	10 per hand grip	10 exercises		

Notes: