

# M2 Hockey Workout Plan



**Workout:**

**Date:**

**Name:**

Exercise	Reps (Goal)	Sets	Set #1		Set #2		Set #3		Set #4	
			Reps	Weight	Reps	Weight	Reps	Weight	Reps	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: