M2 Hockey Workout Plan

Workout: Midget Major Dryland

Date: 01/12/10

Exercise	Reps	Sets	Weight	Notes
Group 1: Bleachers	-	15		Dumb Penalties
Group 2: Pull-Ups	50			
Pushup Routine	10	10		
Group 1: Agility Ladder	3	5		Agility Ladder Deck Cards (Draw 5 different cards...3 times through per card)
Group 2: Core Routine				1) Leg Hold Ups 2) V-Ups 3) Team Crunches 4) Alt. Arm Supermans