M2 Hockey Workout Plan



Workout:	Midget Major Dryland Training

Date: 01/19/10

Exercise	Reps	Sets	Weight	Notes
Defense/Goalies: Game Tape Review w/ Kevin				
NO DRYLAND FOR D/G				
Forwards:				
Bleachers		3		Dumb Penalties
Pushup/Pull-Up Intervals:				
10 Pull-Ups, 30 sec Break, 20 Push-Ups, 30 sec Break				
10 Chin-Ups, 30 sec Break, 10 Diamond Pushups, 30 sec Break				
10 Close-Grip Chin-Ups, 15 Decline Pushups, 30 sec Break				
10 Wide Grip Pull-Ups, 30 sec Break, Squat Jacks (30 sec), 30 sec Break 10 Pull-Ups, 30 sec, 20 Push-Ups				
50 crunches (as a team)		2		
20 V-Ups (as a team)		2		
Elbow Bridges	30 sec	2		
Superman/Banana	30 sec	2		Switch every 5 sec.