## **M2 Hockey Workout Plan**



Workout:	Midget Major Dryland

Date: 01/26/10

Exercise	Reps	Sets	Weight	Notes
Pull-Up/Pushup Intervals				4 Groups:
·	10	10		
	20	10		Begin: G1 Pull-Ups, G2 PushupsG3 & G4 Rest
				Next: G3 Pull-Ups, G4 PushupsG1 & G2 Rest
				Next: G3 Pull-Ups, G4 PushupsG1 & G2 Rest Next: G2 Pull-Ups, G1 PushupsG3 & G4 Rest Next: G4 Pull-Ups, G3 PushupsG1 & G2 Rest
Chalk Talk: Face-Off Review				
Chalk Talk: NZ Forecheck Review				
Chalk Talk: NZ Forecheck Review  Chalk Talk: Forecheck Review				
Chalk Talk: D-Zone Coverage Review				
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