

## M2 Hockey Workout Plan

Workout:	Midget Major Dryland
Date:	12/03/09

Exercise	Reps	Sets	Weight	Notes
GROUP 1: Stairs	-	5	-	Dumb Penalties
GROUP 2: Pushup Routine**	10	10	-	Pushup Bars
GROUP 1: Pushup Routine**	10	10	-	Pushup Bars
GROUP 2: Stairs	-	5	-	
*Pushup group will re-start pushup routine if they finish before the other group. 3 people per pushup station. Quick tempo on changes.				
/-Up Toe Touches	15	2		
eg Hold Ups	30sec	1		
Feet to Feet (Legs Up) Crunches w/ Partner	30	2		Feet must touch entire time
Notes:				