M2 Hockey Workout Plan



Workout:	Midget Major Dryland (45 mins)
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Date: 12/23/09

Exercise	Reps	Sets	Weight	Notes
Dynamic Warmups -Hip Opens -Lunge Reach Ups -Side Double Lunge Stretch -High Leg Kicks -Knee Up Walks -Carioca -Arm Circles -Reach Up, Reach Back -Chicken Wing Stretch				
M2 Pushup Routine				
Stickhandling Courses				Underhandle
Core Series -V-up Hold-Ups (3 phase, 30 sec) -Side Arm Balance (3 x 15 sec per side) -Partner Leg Throws				
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