

M2 Hockey Workout Plan



Workout:

Date:

Exercise	Reps	Sets	Weight	Notes
Split Into Groups of 3				
5 mins per station				
Station 1: Pull-Ups	10	3		
Station 2: Exercise Bikes	30 sec INTERVALS	6		
Station 3: Pushups	25	3		
Station 4: Core (see Notes)	15 30 sec	3 3		1) Hanging Knee Raises 2) Weight Plate Passes
Station 5: Incline Bench Press	12	3	40lbs	(adjust weight as necessary)