

M2 Hockey Workout Plan



Workout:

Date:

Exercise	Reps	Sets	Weight	Notes
STATION 1 CARDIO				
Exercise Bikes (Intervals)	60 sec	3 on, 3 off		
STATION 2 CORE				
4-Point Hovers	30 sec	2		
Hanging Knee Raises (Left, Front, Right)	15	3		
STATION 3 AGILITY/STABILITY				
BOB - Jab, Cross, Hook, Upper-cut	20 ea side	1		Use Gloves
BOB - Jab High, Jab Low	20 ea side	1		Use Gloves
BOB - Jab, Cross, Switch Feet	35 total	1		Use Gloves
Incline Bosu Pushups	20	3		
STATION 4 STRENGTH/CORE				
Pull-Ups	10	3		
Stability Ball In & Outs	15	3		
STATION 5 SHOULDERS				
Shoulder Shrugs	15	3		
Alternating Front & Side Shoulder Raises	12	3		
STATION 6 SHOULDERS/BICEPS				
Dumbbell Curls	15	3		
Incline Bench	12	3		

Notes:

SEPARATE INTO 5 GROUPS OF 3 - ROTATE STATIONS EVERY 6 MINS

WARMUP: 1 set of stairs