

M2 Hockey Workout Plan



Workout:

Date:

Exercise	Reps	Sets	Weight	Notes
Station 1: Shooting Simulator				
Station 2: Stickhandling (SweetHands)				
Station 3: Pushup-Routine	10	10		Use Dumbbells for Pushup Bars
Station 4: Stride Machine	15ea (SLOW)	3		Knee Bend, Full Extension
Station 5: Core				Crunches, V-Ups, Elbow Bridges
Station 6: Agility Ladder				(If there is one there!)
Station 7: Stride Box Jumps				
Station 8: Box Hockey				
Station 9: Air Hockey				
Station 10: Stretching				

Notes:

40 Minutes Per Group

Group 1: Defense: 3:00pm-3:40pm
 Group 2: Offense + Goalies: 4:20pm-5:00pm