



At Home Hockey Workout

Exercise	Sets x Reps	Comment
Warm Up		
Jumping Jacks	3x30 reps	Keep muscles "stiff" to stay quick.
Spiderman -Fwd -Diagonal	1x5 each side Each move	Extend your hip with the move.
Standing Hamstring w/rotation	1x5 each side	Rotate toward the forward leg.
Lateral Reach Out	1x5 each side	Stand on one leg. Lift the opposite leg reaching it out to the side as if you are clearing a hurdle.
Rocking Chairs	2x10 total	Keep low back tight to the ground.
Log Rolls	2x3 each direction	Keep legs and arms off the ground. Stay smooth.
Circuit Perform exercises in order with 1 min rest between sets. If needed you may take 15 sec rest between exercises Perform 4 sets total		
Fast Squats	20 reps	Pull yourself down and push yourself up.
Triceps Dips	20 reps	Point elbows directly behind you.
Alternating Side Lunges	20 total reps	Push through the leg strong to return to the middle.
Millards	20 total	Sitting on your bottom. Twist your upper body one way and your lower body the other. Repeat alternating sides.
Squat Jumps	10 reps	Jump as high as you can. Control the landing.
Push Ups	15 reps	Be quick with the push ups, while using a full range of motion.
Lateral Bounds	12 total reps	Jump from side to side. Land with quality.