

Name:

Week #

Dates:

Exercise	Monday	Tuesday	Wed	Thurs	Friday	Saturday	Sunday	Total
Pushups								
Skipping								
Squats								
Sit-ups								
Birpees								
Shooting*								
Running								
Plank								
Walking								
Lunges								
Lunges +Squats								

Guidelines: You must pick a minimum of 3 exercises per day. You must pick different ones until they have all been done. Then you start again. The day we have a practice or dryland you are exempt. If you are sick you are also exempt but it must be for a good reason that you will have to explain to our trainer.

Description of the minimum you must perform for each exercise:

Push-ups – Minimum 30 (3 sets 10)

Skipping - Minimum 10 minutes

Squats - Minimum 100

Sit-ups - Minimum 40

Birpees – Minimum 25

Shooting pucks – Minimum 100 * For goalies: Triangle drill 3 X 10

Running – Minimum 2 Kilometers outside or running on the spot for 10 minutes

Plank – Minimum 3 X 45 seconds

Walking – Minimum 3 Kilometers

Lunges – Minimum 50 (2 X 25)

Lunges with Squats – Minimum 40 (2 X 20)