

Servite Hockey Circuit Workout

Workouts are to be performed in groups of 3 people, each individual performing one of 3 exercises in each set, then switch upon completion. Entire groups switch to a new workout set once your group finishes. If workouts get easy as weeks go on, add sets to each workout. Stretch before workout to avoid injury.

Set A- Chest, Back, and Shoulders)

1. Pushup Walk Outs (Inch worms)- These are to be done in 3 sets, 10 reps for each set.
2. 2-2-2 Tempo Pushups- Two seconds spent going down, hold for two seconds, up over two seconds. Perform 3 sets, 10-15 reps.
3. Narrow Stance Pushups- Have your feet wide, hands forming a triangle. 3 sets x 10-15 reps.

Set B- Forearms and Cardio)

1. Wrist Rolls- To be done with weights, 3 sets of 3.
2. Jump Rope- 3 sets of 100 jumps. Really try to activate calf muscles by jumping off of toes.
3. Squat Jumps- 3 sets of 10.

Set C- Agility and Cardio)

1. Ladder routine- All three of you will take turns cycling through the ladder routine as follows, to be performed 3 times through:
 - a. Skiers- It's a shuffle in and out of boxes as if you were skiing.
 - b. High Knees- Both feet in and out of each box.
 - c. Cross Overs- Crossover with both feet hitting each box once.
 - d. One Leg hops- Jump through all boxes, sprint at the end of the ladder.
 - e. Side shuffle- Facing with shoulders parallel to ladder, shuffle feet in and out of box, both feet hitting each box once.
 - f. 3 forward, 2 Back- Jump forward three boxes, then two back. Repeat til end of ladder.

Set D- Legs)

1. Wall Sits- 45 seconds on, 15 seconds off until both partners have finished their exercises.
2. 2-2-2 Tempo Squats- Two seconds spent going down, hold for two seconds, up over two seconds. Perform 3 sets, 20-25 reps.
3. Split Jumps- From lunge position jump into the air, landing in lunge position with alternating legs forward. 3 sets of 20 jumps (10 each leg).

Set E- Core)

1. Core Circuit- Each of you will perform the same core circuit 3 sets, as follows:
 - a. Situps- 15
 - b. Leg Lifts- 10
 - c. Flutter Kicks- 25
 - d. Dying Bugs- 20
 - e. Heel Touches- 25
 - f. Russian Twists- 25