



STALLIONS GOALIE WORKOUT

by Coach Eric Bragagnolo

1. DYNAMIC WARM-UPS

Jumping jacks	20 count
High knees	20 count
Butt kicks	20 count
High knees skip	10 on left, 10 on right
Toy soldiers	10 on left, 10 on right
Toy soldiers crossbody	10 on left, 10 on right
Lunge trunk-twist	10 on left, 10 on right
Frog jumps	10 count
Over-Unders	10 on left, 10 on right

3. HIGH-INTENSITY INTERVAL TRAINING (HIIT) WORKOUT

Exercise for 20-30 seconds (ON)	
Rest for 20-30 seconds (OFF)	
Repeat set 3-4X	
SET	Flutter kick squats
	Bunny hop burpees
	Kickouts
	Tuck jumps
	Squats with side leg lifts

2. BODYWEIGHT WORKOUT

3-4X each set

Set 1	Squat jumps	20 seconds
	Deep squat hold	40 seconds
	Rest	2 minutes
Set 2	Split jumps	20 seconds
	Lunge twist	40 seconds
	Rest	2 minutes
Set 3	Burpees	20 seconds
	Side lunges	40 seconds
	Rest	2 minutes

4. STRETCHES

Hold each stretch for 20-30 secs

Right leg - front, diagonal, side
Left leg - front, diagonal, side
Child's pose to cobra pose
Knees and ankle stretch
Butterfly
Toe touches
90-90 to pigeon pose
Squat stretch
Quad stretch