ATTENTION JR STARS/STARS HOCKEY PLAYERS!
Take the "Out of school" challenge

Out of school and tired of watching Netflix…Let's challenge ourselves and keep working on our skills, power and strength.

Here are a few things I am challenging you to do everyday while we are at home

- Sit-ups - Target 50/day record your total below
- Push-ups - Target 50/day record your total below
- Stickhandling - Target 10 minutes/day record your total below
- Shooting - Target 50/day record your total below
- Jump rope - Target 3 minutes/day record your total below
- Russian Squat – Target 30 seconds

	Sit-ups	Push-ups	Stick	Shooting	Jump Rope	Russian Squat
Day 1	_____	_____	_____	_____	_____	_____
Day 2	_____	_____	_____	_____	_____	_____
Day 3	_____	_____	_____	_____	_____	_____
Day 4	_____	_____	_____	_____	_____	_____
Day 5	_____	_____	_____	_____	_____	_____
Day 6	_____	_____	_____	_____	_____	_____
Day 7	_____	_____	_____	_____	_____	_____