

# IN-SEASON LIMITED SPACE HOCKEY WARM UP

## THE WARM UP:

1. Jumping jacks x 30
2. T-Stab push ups x 6/side
3. Arm circles x 12/direction
4. Straight arm rotations x 8/side
5. Single-leg hip circle x 12/direction/leg
6. Zombie squat with reach through x 8
7. Shoulder T x 15
8. Zombie lateral lunge x 5/side

## WHAT YOU NEED TO KNOW:

- You can use this warm up before games or workouts
- Perform all movement with excellent controlled technique, taking shortcuts here negates the purpose of a proper warm up
- Control your breathing throughout this warm up and take adequate rest if you need it, we are not trying to do a workout circuit here, this is a warm up circuit
- Do not perform multiple rounds of his circuit, it is meant to only be performed once

If you want a full “done for you” in-season program to improve your speed, conditioning, and performance out on the ice – [click here to get instant access](#).

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