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Advanced Hockey Goaltender Circuit #4

Complete Exercises in Order 1 – 3 Times

Complete a [Dynamic Warm Up](#)
Prior to Exercise.

1) [Straight Leg Iso Glute Lifts](#) –
10 Reps – Each Leg
Complete 2 to 3 Sets

1 Minute Rest

2) [Front Squat Straight Arm](#) – 6
Reps
Complete 2 to 3 Sets

1 Minute Rest

3) [Double Knee Jump](#) – 5 Reps
2 to 3 Sets
Pair with
[Reverse 180 Bench Hop](#) 5 Reps
Each Direction Reps
2 to 3 Sets
1 Minute Rest

4) [Partner Squat Oscillatory](#) –
30 Reps
2 to 3 Sets
1 Minute Rest

5) [Kneeling Internal Rotation](#) –
12 Reps
2 to 3 Sets
1 Minute Rest

6) [Lateral Partner Push Lunge](#) –
8 Reps Each Leg
Complete 2 To 3 Reps
Pair with
[Pike Jump](#) - 6 Reps
Complete 2 To 3 Reps
1 Minute Rest

7) [Alternating Incline Power
Step Up](#) - 6 Reps
Complete 2 to 3 Sets
1 Minute Rest

Complete A [Flexibility Program](#)

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