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Hockey Goaltender Circuit #2

Complete Exercises in Order 1 – 3 Times

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

1) [Standing Glute Kicks](#) – 10
Reps – Each Leg
Complete 1 to 3 Sets

1 Minute Rest

2) [Cross Over Step Up Bands](#) –
6 Reps
Complete 1 to 3 Sets
1 Minute Rest

3) [180 Box Jump](#) – 5 Reps
1 to 3 Sets
Pair with
[Speed Skater For Distance](#) - 5
Rep 1 to 3 Sets
1 Minute Rest

4) [Partner Squat Oscillatory](#) –
20 Reps
1 to 3 Sets

1 Minute Rest

5) [Kneeling External Rotation](#) –
12 Reps
1 to 3 Sets

1 Minute Rest

6) [Hip Flexor Isometric Pull](#) – 6
Second Each Leg

Complete 1 To 3 Reps

1 Minute Rest

7) [Pike Jump](#) - 6 Reps
Complete 1 to 3 Sets
1 Minute Rest

Complete A [Flexibility Program](#)

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