30/30 CHALLENGE

GOAL: Improved agility, balance, coordination, cardio and speed
PLAN: 30 seconds exercise, 30 seconds rest, repeat for 10 excercises
WEEKLY GOAL: 3 days per week or 30-60 minutes per week
DAILY GOAL: 10-20 minutes per day

Track your individual reps for each exercise and add them up at the end of the day once you have finished.

1 Round/Day

WEEK 1

DAY 1	
DAY 2	
DAY 3	

WEEK 2

DAY 1	
DAY 2	
DAY 3	

WEEK 3

DAY 1	
DAY 2	
DAY 3	

WEEK 4

DAY 1	
DAY 2	
DAY 3	

2 Rounds/Day

WEEK 5

DAY 1	
DAY 2	
DAY 3	

WEEK 6

DAY 1	
DAY 2	
DAY 3	

WEEK 7

DAY 1	
DAY 2	
DAY 3	

WEEK 8

DAY 1	
DAY 2	
DAY 3	

AGE - 10 & UNDER

1) 30 yard sprints
2) Air Squats
3) Jumping Jacks
4) Push-ups
5) Spiderman Climb
6) Burpees
7) Crab Walks
8) Hopscotch
9) Bridge Log Roll
10) Hurdle Jumps

AGE - 11 & OLDER

1) 30 yard sprints
2) Overhead Squat
3) Star Jump
4) Push-ups
5) Monster Walk
6) Burpees
7) Russian Twist
8) Icky Shuffle
9) Log Roll Push-up
10) Hurdle Jumps

NAME

LAST SEASON OMGHA TEAM

TOTAL REPS COMPLETED

VISIT YOUTUBE.COM/ONTARIOMINORHOCKEY
TO WATCH HOW IT IS DONE