

Otago Hockey Weekly Body Weight Challenge



- Each exercise is done for 30-45 seconds for a total of 6.5 -10 minutes of exercise.
- Attempt to do this 3/4 times a week
- In the first week attempt to do the circuit twice
- Week two attempt to do circuit 3 times
- Week three attempt the circuit 4 times
- Week four attempt the circuit 5 times

Focus on the quality of the movement not the number. Initially slow and precise and as you get better at the exercises you can start to do them faster