

WEIGHT TRAINING

for

HOCKEY

THE ULTIMATE GUIDE

YEAR-ROUND, HOCKEY-SPECIFIC
PROGRAMS DESIGNED TO:

- Increase Speed and Power
- Eliminate Fatigue
- Prevent Injuries
- Enhance Performance



DR. DENIS BOUCHER, PH.D.

Ultimate Guide To Weight Training For Hockey

Robert G. Price



Ultimate Guide To Weight Training For Hockey:

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book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too Rob Price is a first class certified personal trainer and a former fitness consultant at the University of Wisconsin He is a national weight lifting champion and state bench press record holder who has been featured in newspapers and magazines all over the world including the USA Today for his sportstraining expertise Rob is the featured hockey fitness expert at the Sports Learning Edge which is partnered with NHL com and is a contributing author to Golf Fitness Magazine Swimmer s World Magazine US Bowler Magazine and OnFitness magazine Rob is also the founder and head trainer of SportsWorkout com s eTraining service In addition to being an internationally recognized fitness expert Rob also holds a Juris Doctorate from The Ohio State University where he was honored as one of ten Moritz Scholars

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The Ultimate Guide to Weight Training for Roller Hockey Robert Price,2003 This is the most comprehensive and up to date roller hockey specific training guide in the world today It contains descriptions and photographs of over 80 of the most effective weight training flexibility and abdominal exercises used by athletes world wide This book features year round roller hockey specific weight training programs guaranteed to improve your performance and get you results No other roller hockey book to date has been so well designed so easy to use and so committed to weight training This book takes you from the off season to the in season and is loaded with dozens of tips and pointers to help you maximise your training and improve your performance Both beginners and advanced athletes and weight trainers can follow this book and utilise its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too *Weight Training for Triathlon* Ben Greenfield,2012-02 This is the most comprehensive and up to date triathlon specific training guide in the world today It contains descriptions and photographs of the most

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