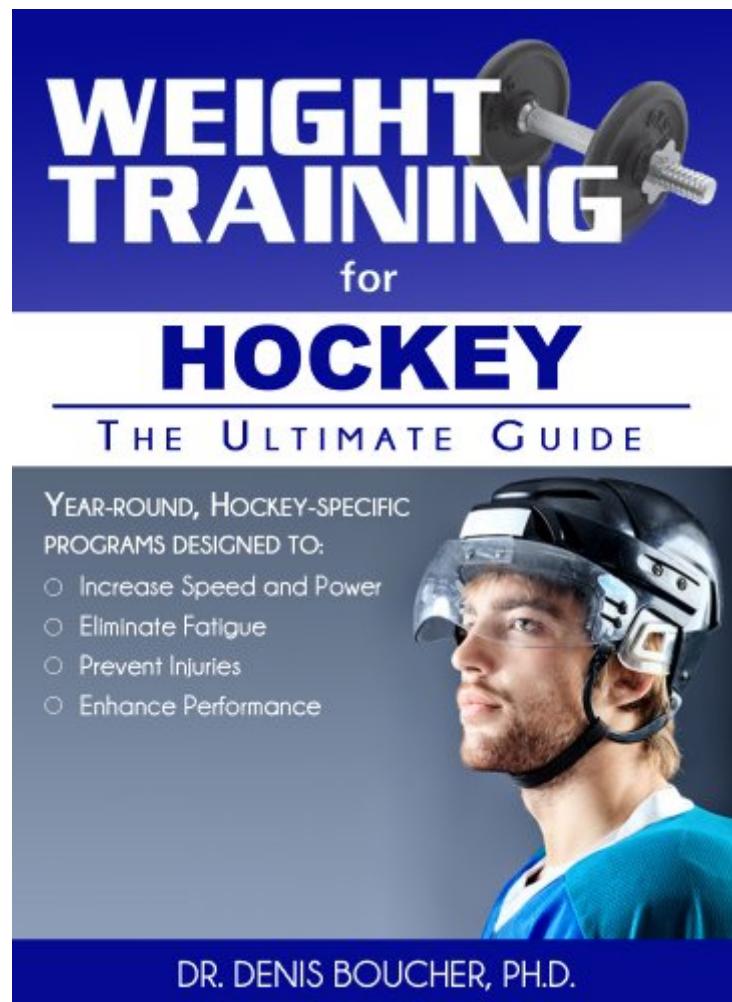


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# Weight Training For Hockey: The Ultimate Guide



## **Synopsis**

Weight Training for Hockey is the most comprehensive and up-to-date hockey-specific training guide in the world today. Based on hundreds of on-ice tests performed on professional hockey players from North America and Europe, this book contains descriptions and photographs of the most effective weight training, flexibility, and abdominal exercises used by hockey players worldwide. Inside, you will find year-round hockey-specific programs that will improve your performance and get you results. No other hockey book to date has been so well designed, so easy to use, and so committed to weight training. This book will have players increasing speed, strength, power, agility, and stamina while reducing chances of injury. Both beginners and advanced hockey players and weight trainers can follow this book and utilize its programs. From recreational to professional, hockey players all over the world are already benefiting from this book's techniques, and now you can too! **ABOUT THE AUTHOR** Dr. Denis Boucher has been involved with the Philadelphia Flyers since 1999, conducting the pre-season on-ice fitness evaluation of the players. He holds a Ph.D. degree in experimental medicine and a Master's degree in exercise science. Dr. Boucher owns an exercise physiology laboratory where he provides services related to sport performance, nutrition, weight management and metabolic analysis. Dr. Boucher is the author of a blog for the The Hockey News magazine and is also co-founder of M2M Lab Inc., a company specialized in the field of real-time physiological monitoring and human factor research. Dr. Boucher is currently producing and hosting video training programs related to sport performance, nutrition and weight loss.

## **Book Information**

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## Customer Reviews

The advice on testing and measurements for focused training is excellent. The studies shared are very insightful. That's the good I learned from this book. What I didn't like was the weight-training programs. It reminds me the programs I seen from my playing days back in the 90's. I don't see NHL / College / Major Junior teams training like this today...it is more of a dynamic type of training. Specifically I don't like all the leg extensions and legs curls described in the program.

Tons of info, great pictures and lots of variations. Has workout plans and information about WHY each exercise is good for hockey training.

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