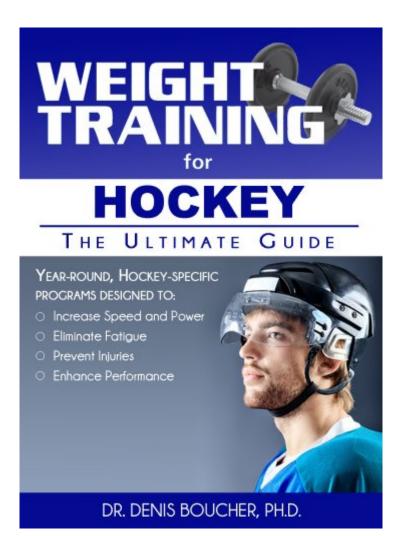
The book was found

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 fill 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 bookâ ™s techniques, and now you can too!ABOUT THE AUTHORDr. 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

File Size: 11370 KB Print Length: 192 pages Publisher: Price World Publishing (January 1, 2014) Publication Date: January 1, 2014 Sold by:Â Digital Services LLC Language: English ASIN: B00HNDRL0E Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Enabled Lending: Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #946,996 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #70 in Books > Sports & Outdoors > Coaching > Hockey #181 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Hockey #667 in Books > Sports & Outdoors > Hockey

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.

Download to continue reading ...

The Ultimate Guide to Weight Training for Racquetball and Squash (The Ultimate Guide to Weight Training for Sports, 18) (The Ultimate Guide to Weight Guide to Weight Training for Sports, 18) Ultimate Guide to Weight Training for Hockey (Ultimate Guide to Weight Training: Hockey) The Ultimate Guide to Weight Training for Field Hockey (The Ultimate Guide to Weight Training for Sports, 11) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) The games of drawing room hockey, tether ball, hand tennis, garden hockey, volley ball, basket goal, lawn hockey, wicket polo, hand polo, golf croquet, clock golf, laws of badminton Ultimate Guide to Weight Training for Lacrosse (Ultimate Guide to Weight Training: Lacrosse) The Ultimate Guide to Weight Training for Fencing (Ultimate Guide to Weight Training:

Fencing) The Ultimate Guide to Weight Training for Badminton (The Ultimate Guide to Weight Training for Sports, 2) The Ultimate Guide to Weight Training for Racquetball & Squash (Ultimate Guide to Weight Training: Racquetball & Squash) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Hockey Abstract Presents... Stat Shot: The Ultimate Guide to Hockey Analytics Dmca