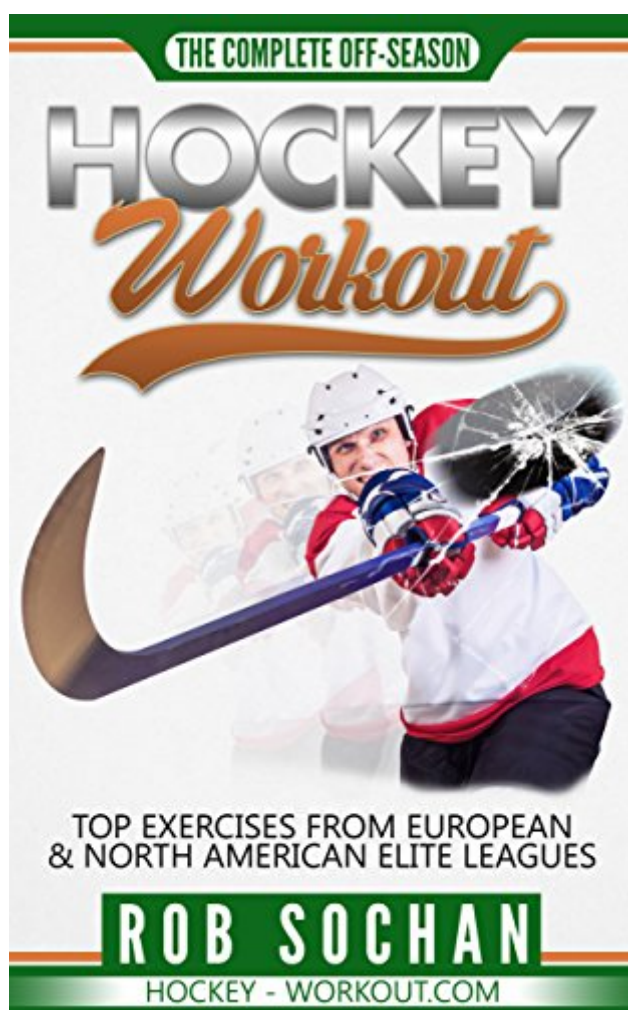


The book was found

# **Hockey Workout: Complete Off-Season Hockey Workout: Hockey Agility & Speed Drills, Hockey Plyometric Workouts, Hockey Core Exercises, Hockey Weight Training And Anaerobic Training For Hockey Players.**





## Synopsis

Hockey Training. A Professionally Designed Interactive Hockey Off-Season Training Plan! Do you want to be a better hockey player? How would you like to improve your hockey agility, be more explosive and have increased strength and stability on the ice? This hockey training program will help you build hockey strength and explosiveness, hockey core stability, hockey agility and give you the endurance you need so you'll be ready for your upcoming hockey season. If you are a competitive hockey player or serious recreational hockey player and you want to improve your game, you can benefit by following proper hockey training drills and exercises. In this hockey workout book you will learn the following hockey exercises: Dynamic Warm Up for Hockey Players, Hockey Agility and Hockey Speed Drills, Hockey Plyometric Exercises, Core Training for Hockey, Hockey Strength and Conditioning, Weight Training Exercises, Learn How and Why Hockey Players need to Train their Anaerobic System, Foam Rolling for Hockey. Download this hockey training book and get a complete 16 week off season hockey training workout plan. Over 175 hockey training exercise and hockey drill videos. Every hockey exercise comes with a video so you know you are training the right way! Inside Rob's hockey workout book you will have a link to watch every hockey drill and hockey exercise on YouTube using your Smartphone, PC or iPad. All you do is click the day and do the workout. Each day's workout is designed with purpose so you improve your hockey fitness with every hockey workout. This Complete 16 Week Hockey Training Program is Packed with: -Plenty of Hockey Drills to Increase Hockey Quickness and Coordination -Exercises to Build Hockey Power and Strength -Hockey Core Exercises for a Strong Foundation -Functional Rotational Strength Exercises Designed Specifically for Hockey Players -Hockey Stick-handling drills to Improve your Hands during the Off-Season.

## Book Information

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## Customer Reviews

This is very a good book for those people who love to play hockey. Fitness is very important for those people who love to play and want to be a player. This workout will prepare you to be a better player and increase your agility. This work out is very developing and this book has provided these workout in step wise so it will be easy for learners. Though these workouts are quite tough, it is very important if you want to improve your physical strength and learn hockey in a proper manner. Increase your agility and ability to challenge yourself.

Great hockey training aid for older players during the break between seasons. It really is the "complete off-season hockey workout"!!! It was worth every penny!

I liked seeing how a pro hockey strength and condition program is. I choose to log into hockey-workout.com site and see the daily calendar. It's a pretty intense program. I don't have time to do it all but I learned so many new exercises that I think will help me get better as a hockey player. Inform me if you have any problem to post that review? for hockey workout book.

Very helpful and clear advice about how you need to train for hockey. There was a bunch of information about hockey training I never knew before and if you want to learn about proper hockey training read Rob's book and check out the videos on the hockey-workout.com website

This book is a must-have for serious field hockey players. This book is a general weight training guide, it can be applied to any sport, and outside of having the word hockey on the front cover there is nothing hockey specific at all about it. There is, in fact, no mention of hockey again after you turn

over the front cover. I feel much stronger on the ice, take hits and "incidental contact" without any problems, and feel like I'm throwing bigger and heavier guys around in front of the net with ease.

I looked over this program as certified strength and conditioning coach. The hockey training theory is accurate and the training methods are similar to what I've used with athlete and clients. Great functional exercises and a high value hockey book on training.

Pretty good workout reference, but sucks that you can't print out some of the contents and take it to the gym with you. If it's intended to work as a Kindle (electronic only) reference, more embedded links to the youtube videos would make it much more reader friendly when initially working through the workouts.

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Hockey Workout: Complete Off-Season Hockey Workout: Hockey agility & speed drills, hockey plyometric workouts, hockey core exercises, hockey weight training and anaerobic training for hockey players. Speed Training for Combat, Boxing, Martial Arts, and MMA: How to Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) The Complete Strength Training Workout Program for Rugby: Increase power, speed, agility, and resistance through strength training and proper nutrition The Complete Strength Training Workout Program for Volleyball: Develop power, speed, agility, and resistance through strength training and proper nutrition Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training)

Bodybuilding: Arm Bible: 39 Best Workouts For Bigger And Stronger Arms (Bodybuilding For Beginners, Weight Training, Weight Lifting, Bodybuilding Workouts) (Bodybuilding Series Book 2)  
HIIT: High Intensity Interval Training Guide Including Running, Cycling & Bodyweight Workouts For Weight Loss: Including Running, Cycling & Bodyweight Workouts for Weight Loss The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, ... ... Guide to Weight Training for Sports, 25) The Complete Book Of Softball Drills: easy guide to perfect your softball drills today! (Fastpitch Softball Drills) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight)  
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