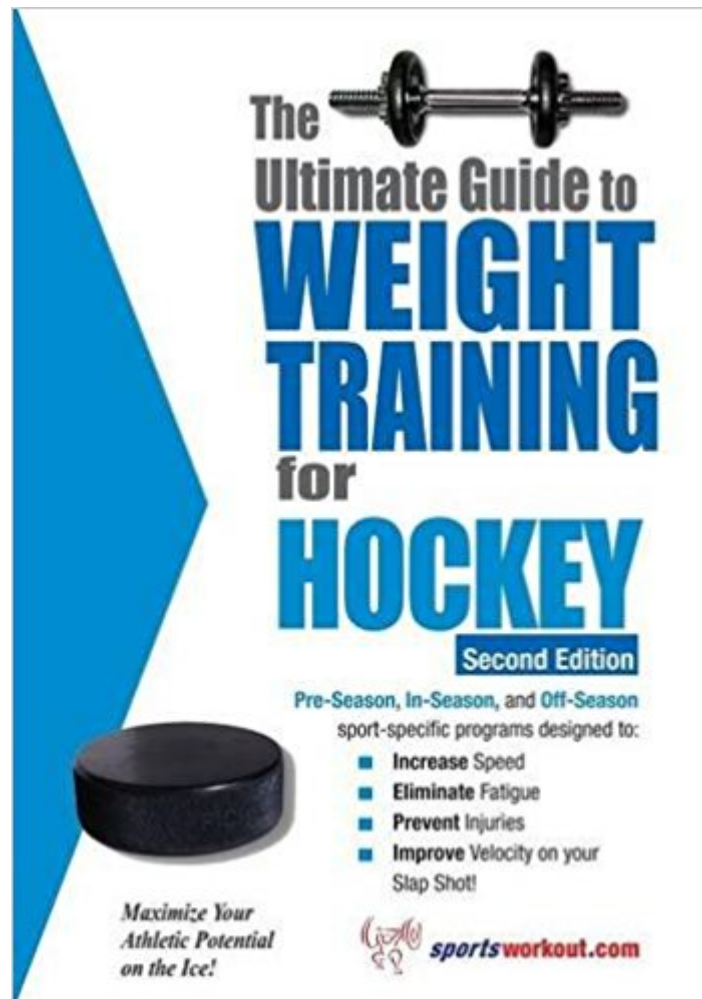


The book was found

# Ultimate Guide To Weight Training For Hockey (Ultimate Guide To Weight Training: Hockey)



## Synopsis

The Ultimate Guide to Weight Training for Hockey is the most comprehensive and up-to-date 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 worldwide. This book features year-round hockey-specific weight-training programs guaranteed to 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. This book guarantees more velocity and accuracy on slap shots, more power on checks, and more endurance making it possible to give it your all until the final whistle. Both beginners and advanced athletes and weight trainers can follow this 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! As an added bonus, this book also contains links to free record keeping charts which normally sell separately for \$20.

## Book Information

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Average Customer Review: 3.0 out of 5 stars [See all reviews](#) (4 customer reviews)

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## Customer Reviews

I've read this book cover to cover. I have two main complaints about this book: 1) I was hoping to gain specific knowledge of hockey-specific training techniques. This book provides very little information about that. The workout and nutrition routines seem generic - like they could work for any sport. Furthermore, this book doesn't explain why you're doing what you're doing! 2) The

grammar and spelling is absolutely atrocious. It was painful to read some parts.

This book presents programs in three formats, maintenance (high rep, low weight muscle hypertrophy), strength (pyramid schemes) and power (essentially same as maintenance plus the power clean and plyometrics). It includes lots of variation, so you get good at nothing and just feel sore and overtrained all the time. It also explores antagonistic (push-pull) workouts and synergistic (all pushing, or all pulling). I had constant elbow and shoulder pain, especially from the synergistic workouts. These programs follow recent fads of variation, and pyramid based programs that just don't work for novice and intermediate lifters. Plus there is very little emphasis on form, so don't expect any help there; get an experienced strength coach for that. Skip this piece of junk and just read Starting Strength by Mark Rippetoe. I've gained 20 pounds of muscle mass in 6 weeks following that program, and suspect to keep on that linear progression for several more months. 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.

This book is chalk full of excellent weight training material. Purchased for my 14 yr old son and he loves it.

No complains. I don't have any reason for not to recommend this product. It works just fine you just have to try hard. Reasonable price. I am completely satisfied.

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