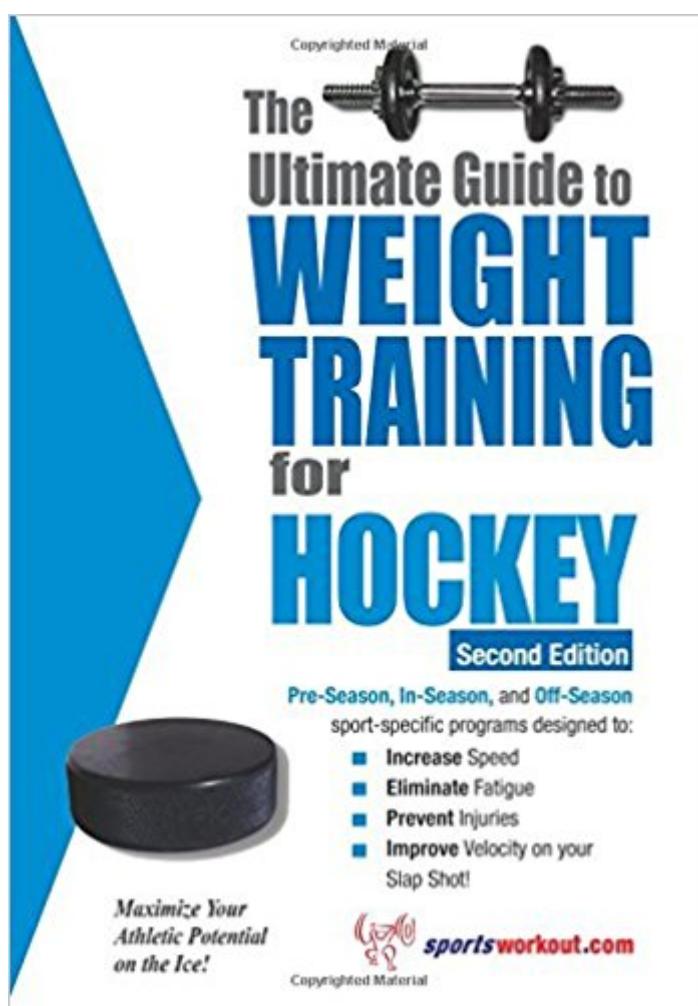


The book was found

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 nearly 100 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!"

Book Information

Series: Ultimate Guide to Weight Training: Hockey

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Customer Reviews

I have been able to improve my speed and strength by using the workout programs in your book. I work out very regularly and since using the strength workouts in your book I have noticed significant gains in strength and size after only a few workouts. I also have noticed an increase in my speed. Your book is very good and I would definitely recommend it to others that seem to be at a standstill in their workouts. It broke me out of a rut and it probably will do that to others also. Thanks for a

great book. --Leonard OI'm a high school hockey goalie and thanks to your book, I got 4 shut outs in a row which was my biggest milestone. The advice and programs I received from the book helped me get stronger and more flexible which allowed me to make starting goalie for my team. I thank everyone involved in creating this book. --Bobby SI'm a high school hockey goalie and thanks to your book, I got 4 shut outs in a row which was my biggest milestone. The advice and programs I received from the book helped me get stronger and more flexible which allowed me to make starting goalie for my team. I thank everyone involved in creating this book. --Bobby S

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 and Muscle & Performance magazine, for his sports-training expertise. Rob is a contributing author to Golf Fitness Magazine, Swimmer's World Magazine, US Bowler Magazine, and OnFitness magazine and is the founder and head trainer of SportsWorkout.com's e-Training 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.

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.

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 abosolutely atrocious. It was painfully to read some parts.

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 satisfaid.

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