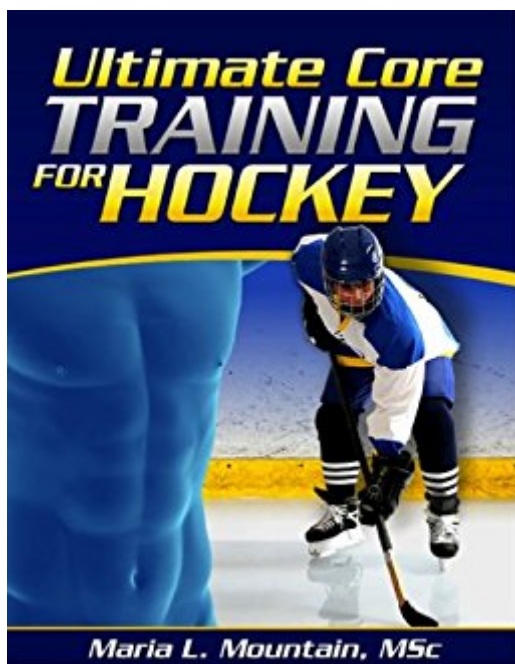


The book was found

Core Training For Ice Hockey



Synopsis

The complete core training program for ice hockey players. This program will benefit both hockey goalies and skaters as it leads you step-by-step to a strong and stable core which will not only improve your performance on the ice, but reduce your risk of getting bit by the injury bug.

Understand why crunches do nothing to help you play stronger in the corners, discover how a strong core can improve your lateral speed and follow the simple blueprint which removes all the guesswork; you will know exactly what to do for each workout. If you are looking to transform into the hockey player you want to be, you must start with a strong foundation. This core training for ice hockey is the perfect first step.

Book Information

File Size: 577 KB

Print Length: 53 pages

Publisher: Revolution Conditioning; 1 edition (April 7, 2012)

Publication Date: April 7, 2012

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B007SGNDMG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #838,083 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #60

in Kindle Store > Sports & Outdoors > Coaching > Hockey #116 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Hockey #517 in Kindle Store > Sports & Outdoors > Hockey

Customer Reviews

Good basic material for core exercises. I found 4-5 misspelled words which detracted from the work.

This was a great Book and it really built my core, and I notice how strong I was in battles after these workouts.

I've purchased several of Maria Mountain's books on hockey training for my son and have been impressed with every one of them. I highly recommend Maria's programs for Goalies as well. Follow her on YouTube, Twitter and Facebook. She sends out insightful items every day in her email too. Signed, Proud Hockey Dad

[Download to continue reading...](#)

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. 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) Ice Cream Book: 35 Easy and Delicious Ice Cream Recipes for Happy Families (homemade ice cream, ice cream cookbook, ice cream recipes, delicious dessert) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Core Training for Ice Hockey Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) 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: 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) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Ultimate Guide to Weight Training for Hockey (Ultimate Guide to Weight Training: Hockey) Hockey: Hockey Made Easy: Beginner and Expert Strategies for Becoming a Better Hockey Player Spalding's Athletic Library - The Games of Lawn Hockey, Tether Ball, Golf-Croquet, Hand Tennis, Volley Ball, Hand Polo, Wicket Polo, Laws of Badminton, Drawing Room Hockey, Garden Hockey The Ice Hockey Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Hockey Rink Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) 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) Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training Guide For A Happy, Obedient, Well Trained Dog & Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days Puppy Training: How to Housebreak Your Puppy In Just 7

Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dog – Physical and Mental wellness(Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Dog Crate Training: 8 Tips to Help Your Best Friend Adjust (Dog Training, dog crate training problems, dog separation anxiety, dog potty training Book 1) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)