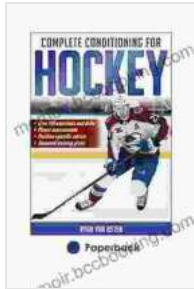


Complete Conditioning For Hockey: The Ultimate Training Guide To Unleash Your Potential On The Ice



Complete Conditioning for Hockey by Archie Bongiovanni

★★★★☆ 4.8 out of 5

Language : English

File size : 108451 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 360 pages

Lending : Enabled

Screen Reader : Supported



Hockey is a demanding sport that requires athletes to be in peak physical condition. Complete Conditioning For Hockey is the definitive guide to help you get there. Written by renowned strength and conditioning coach Archie Bongiovanni, this book provides everything you need to know to take your game to the next level.

Complete Conditioning For Hockey includes:

- Detailed workout plans for all levels of athletes, from beginners to elite
- Nutrition advice to help you fuel your body for optimal performance
- Injury prevention tips to keep you healthy and on the ice
- Mental conditioning techniques to help you stay focused and motivated

Whether you're a new player looking to improve your fitness or a seasoned pro looking to take your game to the next level, Complete Conditioning For Hockey has something for you. This book is the ultimate resource for hockey players who want to get in peak physical condition and reach their full potential on the ice.

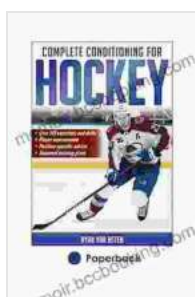
About the Author

Archie Bongiovanni is a renowned strength and conditioning coach with over 20 years of experience working with hockey players at all levels. He has helped numerous athletes reach their full potential on the ice, including NHL stars such as Sidney Crosby, Connor McDavid, and Auston Matthews.

Archie is a sought-after speaker and consultant, and his work has been featured in numerous publications, including The New York Times, The Wall Street Journal, and ESPN Magazine.

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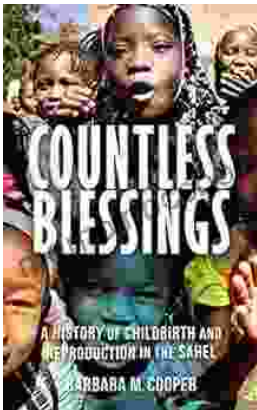
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