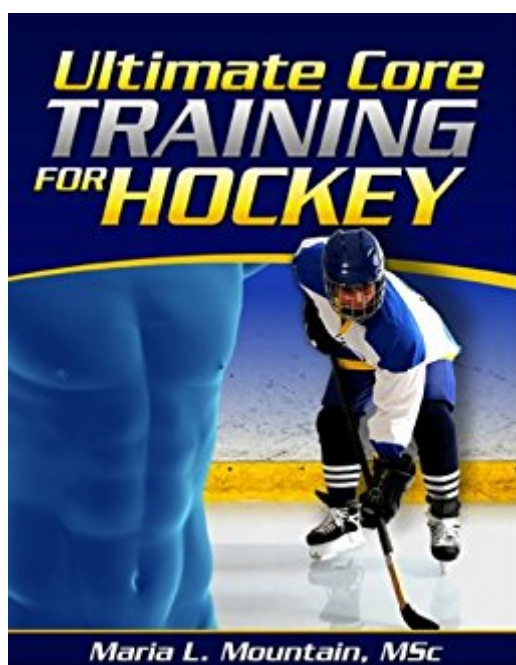


The book was found

# 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

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## Customer Reviews

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

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

workouts.

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

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