



## HOCKEY TRAINING

Athletic Republic Hockey Training Program is an innovative, scientifically proven program that focuses on power, critical movement skills for every skill level and position, skating technique and efficiency for on-ice results.

### Program Components Consist Of:

#### Hockey Treadmill Sessions:

- Improve Skating Mechanics
- Improve Skating Speed/ Conditioning
- Core Strength
- Injury Prevention

#### Plyometrics/ Agility Sessions:

- Quickness/ Change of Direction
- Power Development
- Total Body Strength
- Dynamic Balance

Facility average results for hockey, 50% improvement in rate of recovery, 20% greater stride length, 33% improvement in foot speed, 4% increase in vertical power, increased explosive power, 200% increase in EMG (electrical signal to muscles) skating musculature.

Give us a call at 608-845-FAST with any questions about the program or pricing. Thanks!

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