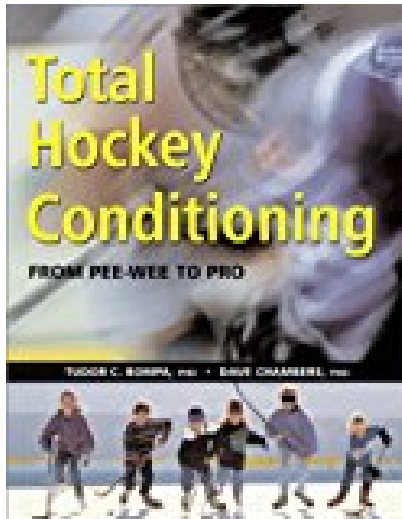


Total Hockey Conditioning From Pee Wee to Pro



BOOK DETAILS

- Author : Tudor Bompa PhD
- Pages : 256 Pages
- Publisher : Firefly Books
- Language : English
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BOOK SYNOPSIS

Written for coaches, players, trainers, and conditioning specialists, this comprehensive guide explains how to increase strength, power, speed, energy, flexibility, and agility.

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