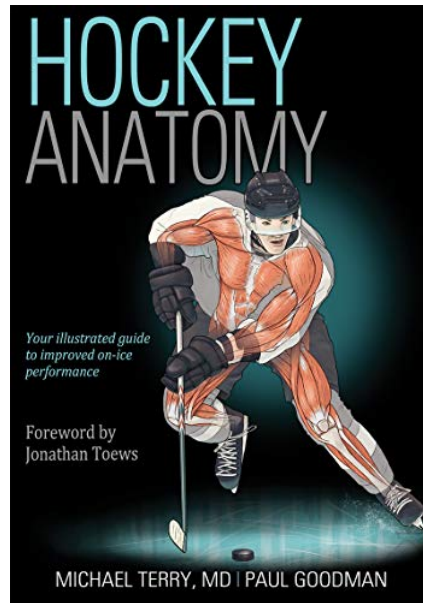


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Are you ready to see what it takes to lace up the skates? *Hockey Anatomy* will show you how to improve on-ice performance by increasing muscular strength and optimizing efficiency of every movement. Dr. Michael Terry, the team physician for the NHL's Chicago Blackhawks, and Paul Goodman, the strength and conditioning coach for the Chicago Blackhawks, share 96 of the most effective hockey exercises, each with step-by-step descriptions and full-color anatomical illustrations to show the muscles in action. You'll also find 68 exercise variations to increase difficulty, add complex movements, or simply change up your routine. *Hockey Anatomy* goes beyond the exercises by taking you onto the ice and into the action. Illustrations of the muscles involved in shooting, passing, and stopping the puck show you how the exercises are fundamentally linked to hockey performance. No matter your position, or your hockey skill set, there is something here for you. You'll also go into the training room to explore the anatomy of common injuries as well as exercises for minimizing and recovering from such setbacks. *Hockey Anatomy* is essential reading for players, coaches, trainers, and fans of the sport. If you love the action and artistry of hockey, you are going to love this book.

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