



McDole
PERFORMANCE
systems

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HOCKEY PROGRAM STRENGTH AND CONDITIONING

WHAT TO EXPECT

**FUNCTIONAL STRENGTH WHICH
WILL TRANSFER TO DOMINANCE
ON THE ICE**

ENERGY SYSTEM TRAINING

**REAL FUNCTIONAL CORE
AND HIP STRENGTH**

IMPROVED STRENGTH

CRUSHING GRIP STRENGTH

LATERAL SPEED ENHANCEMENT

**IDENTIFICATION AND
CORRECTION OF MUSCLE
IMBALANCES**

PROGRAMS FOR MALES AND FEMALES, AGES 12 AND UP

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