

## Off-ice Hockey Condition Training Launch March 1st 2009



- Improved shot power by maximizing your hip torso and shoulder rotation
- Greater acceleration through hip mobility and power to maximize your push off the ice



- Build leverage by applying your body's strength through all range of motion

- Improved durability to withstand the impact of physical play



- Better foot quickness and agility on the ice

- Elite conditioning known as the Greco Method enables you to play at the highest speed every shift, every period, and every game throughout the season

Please Contact