

The step-by-step guide for year round programming

- Pre-season
- In-season
- Off-season

Sean Skahan

"I was very fortunate to work with Sean while I played with the Ducks. He helped me to perform at my best and stay healthy. Sean has a great understanding of what it takes physically to compete in the NHL."

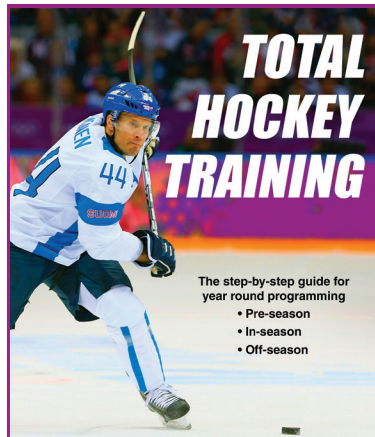
Scott Niedermayer
Former NHL Defenseman
Anaheim Ducks and
New Jersey Devils

A year-long, week-by-week training regimen for serious hockey players

In **Total Hockey Training**, former Anaheim Ducks and current Boston University men's hockey strength and conditioning coach **Sean Skahan** brings you the exercises and drills that have been used in conditioning some of the greatest players in the world.

Physical conditioning for hockey is a year-round requirement if you want to outperform your competition. With **Total Hockey Training**, you have the tools you need to elevate your game and perform at your peak.

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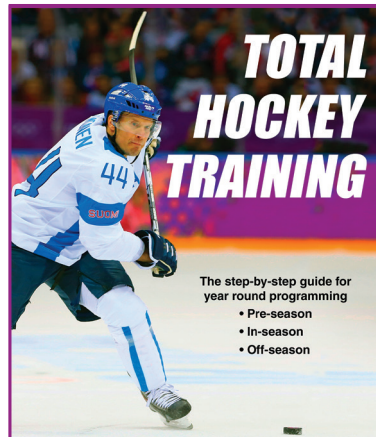
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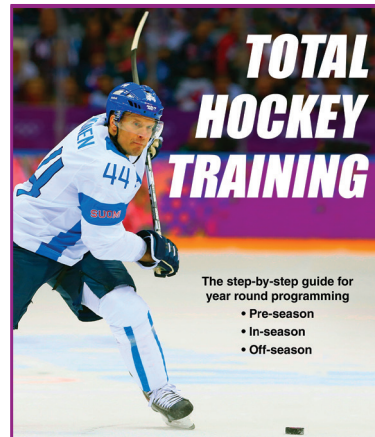
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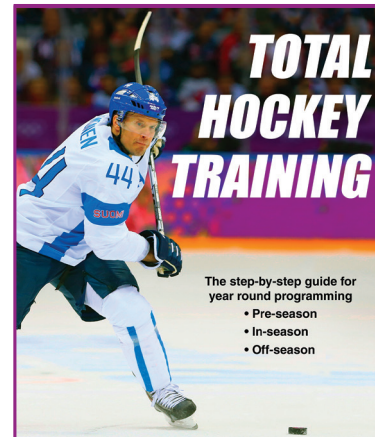
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