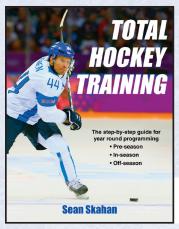
## **HUMAN KINETICS**

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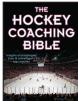
New!

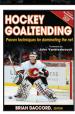
**Total Hockey Training** Sean Skahan Price: \$24.95

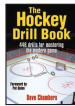
In *Total Hockey Training*, former Anaheim Ducks and current Boston University men's hockey strength and conditioning coach **Sean Skahan** brings you the exercises and drills that have been used in conditioning some of the greatest players in the world.

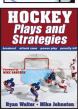
Physical conditioning for hockey is a year-round requirement if you want to outperform your competition. With *Total Hockey Training*, you have the tools you need to elevate your game and perform at your peak.

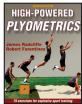
## Also available from Human Kinetics

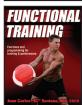














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