

Power Play Body Development Program

Hockey is a demanding and dynamic sport, requiring strength, flexibility, agility and total physical fitness.

An equal measure of time must be invested in off ice body development and conditioning to both limit the injuries sustained within the season as well as the ability to increase game wins through better power on the ice.

Serious about Ice Hockey and playing to your best potential, then you need to be doing this program, the Nuexcom power play body program helps you become a bigger, stronger, fitter and quicker player.

This program is the most and ultimately the best Ice Hockey conditioning program there is, covering balance and coordination, core stability and strength, flexibility, speed, carbohydrate/protein nutrition, injury prevention and injury care.

Each section of this program has been made available for one single purpose, to get you and keep you strong on the ice.

[Ask your coach for details](#)

[Ask about Nuexcom injury care insurance](#)