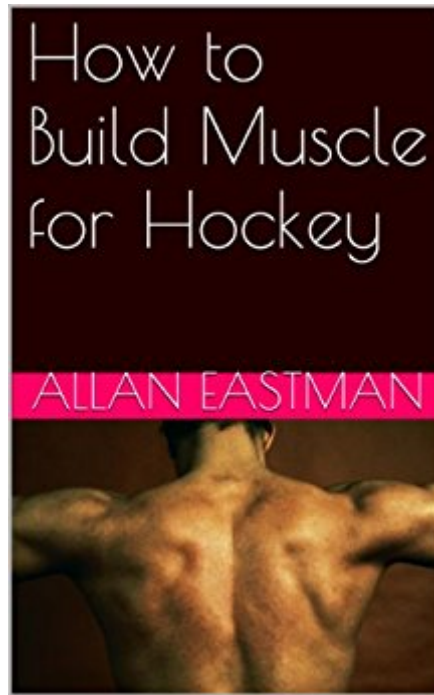


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# How To Build Muscle For Hockey



## Synopsis

Everyone knows the benefit muscle brings on the ice. But a workout program that can build the amount of muscle you want takes time and effort, and it's even hard to know where to begin. What exercises should you do? How many sets and repetitions should you do? Most importantly, how should you track your progress? We solve all of those problems for you here, and present a program that will get you well on your way to ripped glory in 3 months. The program isn't easy, but we can promise that it works. Our training program is backed by hard scientific evidence, not fitness myth and bro advice. First, we include an overview of the program, and then we will fill you in on all of the science behind the workouts (and the nutrition and supplementation advice). Finally, we get to the program itself. So let's just get started. You will train your entire body in each workout. We assume that you have access to a gym with machine weights. You will do the following 7 exercises

1. Leg Press
2. Lat Pulldown
3. Bench Press or Chest Press Machine
4. Shoulder Press Machine
5. Weighted Situps (on the Ab machine)
6. Machine or Free Weight Bicep curls
7. Triceps Extension (Machine or Free weight)

So are you up for the challenge?

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