



UP TRAINING

Success begins with showing up.



UPtraining Hockey CONDITIONING PROGRAM

UPtraining's Hockey Condition Program is exactly what you need this summer to build power and explosiveness for the new hockey season.

- UPtraining has designed a 5 week online conditioning program providing athletes with 2 phases of hockey training. Players aged 12-17 will be provided with a weekly schedule and daily workouts to guide their progress through the conditioning program.
- All workouts are explained with demo videos. Participants receive ongoing coaching support through the program's private facebook group.
- Participants receive access to product discount codes.

PROGRAM COST: \$70

TO REGISTER: EMAIL coach@uptraining.ca (live launch August 2nd, 2021)