



Sheldon Souray

This 6' 4" defenceman for the Edmonton Oilers is a genuine hometown boy, born and raised on a Métis reservation in Elk Point, Alberta. The hunky 31-year-old father of two has logged nine seasons in the NHL (the most recent season shortened by a shoulder injury) and is a two-time NHL All-Star.

Souray keeps his hot bod ice-ready with four days of core and upper/lower-body training sessions and four cardio workouts per week. In the summer, he takes it outside by swimming and playing tennis, golf and volleyball. He also adds stretching exercises, sprints at the track and plyometrics (to produce fast, powerful movements).

He supplements his exercise program with a diet that includes eating high-protein foods, cutting back on carbs and following up high-intensity workouts with protein shakes.

But who's kidding whom? With Souray's disciplined workout regimen, he can afford to indulge in a slice (or three) from the Montréal pizzeria he co-owns with New Jersey Devils goaltender Martin Brodeur! - TW