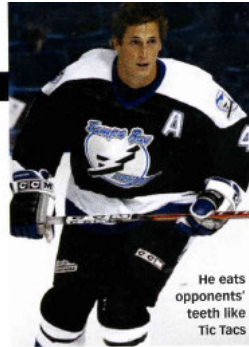


Expert Fitness

FIRE ON ICE

Goal Oriented

Tampa Bay Lightning center Vincent Lecavalier shows you how to skate faster and score at will.



He eats opponents' teeth like Tic Tacs

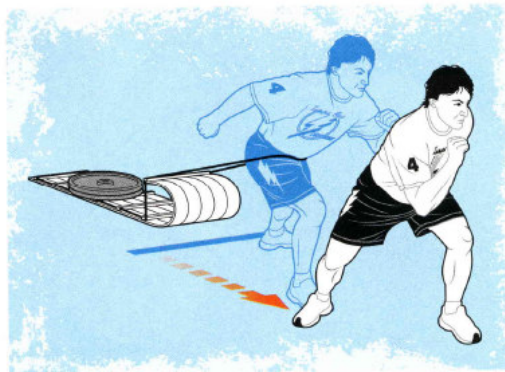
Our hockey fitness expert was the NHL's leading goal scorer last season with 52 goals!



Vincent Lecavalier

Breakaway Speed

To be quicker on the ice, get quicker off the ice. Your first four steps are crucial to hitting your top speed, so start with weighted sprints: Put two 45-pound weight plates on a toboggan outside on the grass, tie the harness around your waist, and explode off the line. Do four to six sets, then finish with four to six sets sled-free.



Wicked Wrister

Most goals come from up-close wrist shots: Keep your stick on the ice, cradle the puck for a split second as it kisses the tape, and fire it off with a front-wrist snapping motion. Good aim isn't as important as a quick release. To lift the puck, follow through by pointing the tip of your stick right where you're aiming.

Double Checked

Checking is all about timing. Start by getting low and making yourself big and heavy on your skates. Then, with one hand on the stick, try to simultaneously poke the puck away and make a crushing hit with your opposite shoulder. The key isn't flattening the guy, but separating him from the puck.



ARMOR

Fly and Dry

The world's fastest jersey.

High-tech fatigues like the Reebok Edge jersey (\$250) offer increased ventilation and better range of motion. Translation? Comfortable shifts and lightning-fast blueline-to-blueline speed.



WEAPON

Boom Stick

Speed holes, hockey-style.

The aerodynamic Reebok 9K O-Stick (\$249) has tiny holes, or "Power Ports," cut into the shaft (ouch). With less drag, even your noodle arms will be able to whip the puck faster.

