



HOCKEY TRAINING PROGRAM

"Mind to Muscle has been instrumental to my hockey career!"
- Jacob Ingham, LA Kings

OUR TRACK RECORD

Mind to Muscle has been a industry leader in hockey-focused strength and conditioning for over 25 years.

Our training program has helped produce a long list of very successful NHL, OHL, NCAA and Tier II hockey players.

STRENGTH COACHES

M2M is fueled by our highly qualified & experienced coaching staff, with 50+ years of education in exercise science, athletic training & nutrition performance.

These select coaches have also played the game, with experience at the junior, collegiate & professional hockey levels.



M2M FACILITY

Our 3200sq ft state-of-the-art facility has been designed specifically for developing healthier, stronger and faster athletes.

ATHLETE DEVELOPMENT

The Elite Training Program provides our athletes with a holistic approach to enhance their athletic performance.

Sports Science Integration

- Online Tracking and Recording Software FitLight Training System for Speed & agility Development
- Power Development and Tracking
- On-ice Sport Testing System

Program Features:

- Extended training times (1.5h vs. 1h)
- Fitness & Movement Analysis
- On-Ice Sport Testing
- Nutritional Education & Support Weekly
- KPI Monitoring
- In-Session Intensity Monitoring



THE MIND TO MUSCLE DIFFERENCE

This proven hockey strength & conditioning program will help players become stronger on the puck, develop explosiveness, compete longer, and stay healthier! Train at Mind to Muscle to make next season your best season!