



JAROMÍR JÁGR, HOCKEY

Since his NHL start as an 18-year-old in 1990, Florida Panthers right-winger Jaromír Jágr has thrived thanks to his physical strength and remarkable vision and scoring abilities. On his 45th birthday in February 2017, Jágr became only the second player in NHL history to reach 1,900 career points, and the traits that made his career in the early days are still in play. To keep in shape, the Czech athlete engages in a mixed bag of training methods, each of which serve a specific purpose on the ice. Resistance-band sprints help build speed and acceleration, for instance, while shooting six- or eight-pound medicine balls against the wall with his hockey stick translates directly to his punishing shot on goal. While he's known for intense late-night workouts, Jágr's exercise routine isn't the only thing that keeps him solid and stable. "He finds ways to be stronger with his mind-set and spends a lot of time trying to find energy through activating chakras [energy points]," says Panthers strength and conditioning coach Tommy Powers. Powers also helps Jágr with other training techniques, such as Ki-Hara resistance stretching and mashing, a combination of Thai massage and other practices that increase blood flow and promote recovery.