

BE LIKE SID

Sidney Crosby's personal trainer, Andy O'Brien, offers 5 tips on how to hit the gym like an Olympic champion.

SHOW UP ON TIME

If you're going to train like Sidney, you've got to get there. In 10 years I've worked with him, he's never missed a workout and he's never been late. He's extremely disciplined and he prioritizes that in his life.

DON'T GET TOO COMFORTABLE

Always be thinking about what's more or what's next. If I ask Sidney to do something 10 times, a lot of the time he'll do it 11. If I ask him to do something to a certain degree he'll always find a way to do it more, because he always wants to push himself and take that initiative. So I think for a lot of people never feel like the level you're at is good enough; always try to find ways to improve yourself.

LEGS, LEGS, LEGS

Make sure to get your lower body involved in everything you do. If you're doing any kind of full-body movements, make sure you initiate the movement with your lower body and that it's the source of power, while your torso and your arms are just sort of carrying over the momentum a little bit.

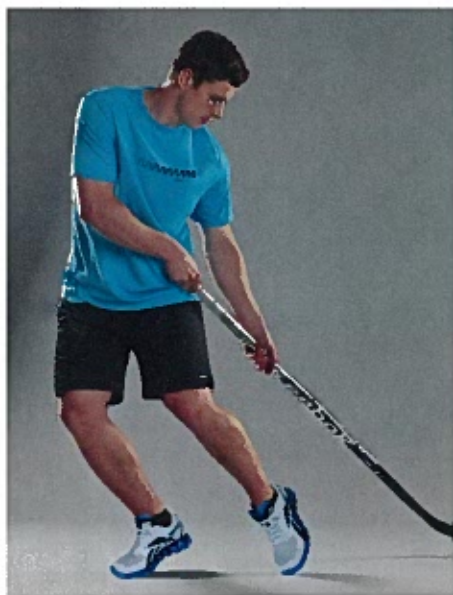
"If I ask Sidney to do something 10 times, a lot of the time he'll do it 11."

LEARNING CURVE

Try to focus on movement efficiency. Sidney is very strong on the ice: he's very dynamic and he's hard to knock off the puck, but he's not necessarily the guy who lifts the most weight. But he has the best application from the gym to his on-ice environment because he is efficient when he lifts. He's very technically sound and he spends a lot of time working on technique before he starts loading his body. So I think that's key for people, getting to know your body and spending a lot of time learning [about it] before you get into the workout part.

DRESS FOR SUCCESS

Make sure equipment, clothing, and everything you have is what's best for your performance. So if you're running, get the right shoes. If you're going to be doing some lateral movements, make sure you have shoes that are built for stability, make sure you have clothes that are breathable, temperature controlled. It's very important when you're warming up to wear warm things, so maybe pants and a jacket, and then you can peel off as you go. Or sometimes it's important to keep your body cool and you have to take that into consideration as well. Sidney wears Reebok's ZigTech apparel and because it allows more oxygen into the body, it helps with his efficiency as well.



WIN! The outfit Sidney Crosby wears to train, including: 1 pair of Reebok ZigTech shoes (\$109.99), 1 Reebok ZigTech t-shirt (\$34.99), 1 Reebok ZigTech jacket (\$79.99) and a pair of Reebok ZigTech shorts (\$44.99). Collection available at Sport Chek locations across Canada. VISIT WWW.THEFOURTHPERIOD.COM/CROSBYZIGTECH TO ENTER

