

## **Changes In Bodyfat Percentage In Professional Hockey Players After Increasing Anaerobic Training And Decreasing Aerobic Training**

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**OBJECTIVE:** This is a retrospective analysis of changes in the body fat of professional hockey players after changes in their training parameters. It is a common belief that aerobic training is the only method for reducing body fat. This paper investigates the effect of reducing aerobic training and increasing anaerobic training in professional hockey players on body fat. Body fat is often used by coaches as a method to determine fitness of hockey players. To achieve lower body fat and therefore fitness, hockey players are usually expected to perform long stationary bike rides on practice days and often after games. The reduction of aerobic training created concern amongst the coaches and management staff. **METHOD:** Hockey players (n=55 to 57) had their body fat measured by calipers over 7-points by one of the authors (DG) each year on the first day of training camp. Stationary bike rides were eliminated except for 10-15 min warm-up rides before practice. Off-season training consisting of sprints on dry land ranging from 30m-200m, various medicine ball throws, variations of Olympic lifts, various squats, and bench press were prescribed for the athletes. In-season training of medicine ball throws, and lifts as described above were prescribed. **RESULTS:** The pre-anaerobic training mean body fat percentage was 12.5%. The first year was 10.5%. The second year was 9.3% and the third year was 9.1%. **DISCUSSION:** The reduction of body fat by 27% is statistically significant. The reduction in body fat was consistent each year of the three-year study. The results supported the premise that body fat can be markedly reduced by increasing anaerobic methods of training and decreasing aerobic methods of training.

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