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Peter Twist has been a sports conditioning coach for the NHL for over a decade. The Twist Training Experience; Author of Complete Hockey Conditioning book

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Apr 25, 2007 Twist Conditioning Incorporated (TCI) specializes in performance enhancement through sport-specific conditioning. TCI is led by owner Peter Twist, 10 year

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and 11 year veteran NHL Conditioning Coach Peter Twist, the Twist High Performance Hockey Conditioning program leads the way in training, sports

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**Peter twist (author of complete conditioning for**

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