



**Figure 2.** RPR techniques used to activate muscle groups utilized in barbell bench press and squat (23).

## Results

### Participants

A total of 9 male college ice hockey players ( $21.4 \pm 0.7$  y,  $1.8 \pm 0.05$  m,  $80.1 \pm 4.3$  kg) out of 26 on the Skidmore Men's Ice Hockey team were eligible, agreed to the study, and completed both experimental visits in accordance to the criteria designated above.