

Dec 16, 2022

The Puerto Rico Ice Hockey Association and GVN Performance are announcing a partnership today. This particular partnership is applicable to ONLY Puerto Rico Ice Hockey Association Athlete-Members.

The partnership allows PRIHA athlete-members to access a universal, virtual workout plan. This workout plan has been tailored for hockey players of all ages, skills, and genders. The partnership leverages the TeamBuildr app, an online strength coaching software for programming and reporting. Through the TeamBuildr app, PRIHA athletes will access the workout plan (complete with tutorials of how to complete the exercises), record their workouts, and view the PRIHA leaderboards, personal records, and messages.


In addition to announcing the partnership with GVN, we are also announcing Juan Gonzalez as our Strength & Conditioning Coach. Juan is a Chicago native and resides there today. Juan comes to PRIHA right off a two-year stint working with the Chicago Blackhawks AHL affiliate the Rockford Ice Hogs. More information about Juan: [Elite Prospects page](#) | [GVN Bio](#)

About GVN Performance:


With physical locations in Plymouth, Michigan and Chicago, Illinois, GVN Performance is focused on strength & conditioning, speed, recovery, mobility, injury prevention, and the evaluation of each athlete. Under the direction of owner Brian Gallivan and his team of professionals, GVN currently trains several current NHL players, the U.S. National Program, and several other elite Junior and Youth Clubs.

In order to take advantage of this opportunity please follow the instructions below:

1. Download Team Buildr Training app on any iOS or Android Device.
 - [Click here for Apple App Store Link](#)
 - [Click here for Google Play Store Link](#)

The app icon for TeamBuildr Training is a dark blue rounded square with an orange and red stylized 'T' shape inside.

TeamBuildr Training
Health & Fitness
Designed for iPhone. Not verified for macOS.

A blue icon of a cloud with a downward-pointing arrow, indicating a download or app store link.

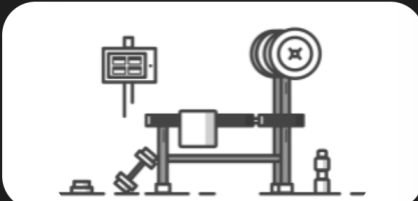
2. Before creating an account choose the "easy access join code option." The join code and password for any PRIHA athlete is:
 - Join Code: HLYT-3CE9
 - Password: M3R3XE2X
3. Once logged click on the red weight icon button at the center of the screen. In the calendar go to January 2nd where you will see the first workout for PRIHA.

Dashboard

GVN Performance
Welcome, Juan

Exertion Score
Connect Your Wearable!









No Workout Today




Workout Calendar


Dec. 2022 / Jan. 2023


Fri	Sat	Sun	Mon	Tue	Wed	Thu
30	31	1	2	3	4	5



-  **Dynamic Warm-Up**
Complete ea exercise for 10-15 yards
-  **3 Point Start Sprint**
5 x 1
-  **Double Leg Linear Pogo Hops**
3 x 12
-  **MB Perpendicular Rotational Wall Throw**
3 x 10 ea.
-  **1/2 Kneeling Quad MFS**
3 x 30 secs ea.
-  **Goblet Squat**
3 x 8-10
-  **DB Single Arm Row**
3 x 8-10
-  **DB Floor Press**
3 x 8-10


January 2nd





Feed


Leaderboard


Messaging


Profile

Workouts start January 2 so be sure to join now!

Saludos cordiales,



Scott Vargas
Founder and President



PRIHA OFFICIAL BUSINESS

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