

Big, Bad and FIT!



Philadelphia Flyers left wing Donald Brashear is widely regarded as one of the toughest men in the National Hockey League. The 6-2, 235-pound native of Bedford, Indiana, almost immediately became a crowd favorite at the Wachovia Center with his bruising style of play after being acquired by the Flyers from Vancouver in 2001. Primarily known as an enforcer, “Brash” has recorded 71 goals, 99 assists and 1,999 penalty minutes in 693 career games since breaking into the league with the Montreal Canadiens during 1993-94. He recorded a league-high 372 penalty minutes as a member of the Vancouver Canucks in 1997-98. During the NHL work stoppage last year, Brashear exchanged his hockey gloves for a pair of boxing gloves. Without any boxing experience, Brashear was paired against three veterans of the ring and came away with a 2-1 record. Recently, while back in Philadelphia training for the upcoming NHL season, Brashear was invited to receive some boxing tips from one of the best the boxing world has ever seen. With boxing gear in tow, Brashear paid a visit to Joe Frazier’s Gym in North Philadelphia where he was given instruction by former undisputed world heavyweight champion Smokin’ Joe Frazier and his son

Marvis, a former heavyweight contender himself. PhillyFit Magazine recently sat with Brashear for a short Q & A.



Donald in his Lamborghini

Name: Donald Brashear
Age: 32
Hometown: Quebec City, Quebec, Canada
Gym Location: The Sovereign Bank Skate Zone in Voorhees, NJ
Favorite body party to train: My biceps
Favorite diet plan: I really don’t have a diet plan.
Favorite junk food: A Big Mac at McDonalds
Favorite Health Food: Pasta
CD that can be found in your car? R&B
Favorite Color: Blue
Favorite Philly hangout: 32 Degrees
Favorite S. Jersey hangout: Racks Bar and Grill in Atco, NJ
Favorite television show: The Cosby Show
First word that come to you when you hear these names:
 President George Bush: Crazy
 Hillary Clinton: Crazier
 Donovan McNabb: Good
 Chris Rock: Funny
 Allen Iverson: Little
Worst prank you ever pulled on anybody: I don’t pull pranks on people.
Favorite body part on a woman: Her behind
Your best friend: Dominic Raio

THE YEAR WAS 1992

"He credits boxing for helping him stay in shape during the season long lockout".

HE WAS ABOUT 6 FT TALL AND WEIGHED IN AT 185 LBS.

As an American Hockey League defenseman, he had a satisfying career...but Donald Brashear wanted more.

"Brash" began his professional hockey career in Fredericton, Montreal.

He knew then that to succeed in hockey he would have to gain both size and strength. He did, and was rewarded with a successful career in the National Hockey League! Today, Donald Brashear stands at 6'2" tall and weighs in at 230 lbs. With a body fat of only 9%, Donald Brashear is a force to be reckoned with both on the ice and in the gym. He has transformed his lithe, twenty-something, body into the physique of a mature, elite, athlete. Such a metamorphosis does not come easy. It requires a serious commitment to sweat and hard, grueling work. Donald Brashear is not a stranger to hard either. I should know. I have had the good fortune of working with Brash and have witnessed a work ethic that is second to none. During our off season, you will find Brash at our training center 6 days a week. Those familiar with Philadelphia/South Jersey summers know that the heat and humidity is unyielding. With that in mind, our days start very early. A typical day will consist of a dynamic warm up, cardio (anaerobic or aerobic depending on the day), weight training & core strengthening, and speed & agility work. Donald also brings his other passion to the training center...boxing. On any given day he will top off his routine by working hard on either the speed or heavy bag. He credits boxing for helping him stay in shape during the season long lockout.

Donald Brashear is a good friend and teammate. He has worked hard to keep his body in the shape required to play one of the most physical sports and to be the most dominant enforcer in the National Hockey League.

Jim McCrossin, Strength and Conditioning Coach for the Philadelphia Flyers.

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Donald showing off the "new" NHL puck for the 2005-06 season.

