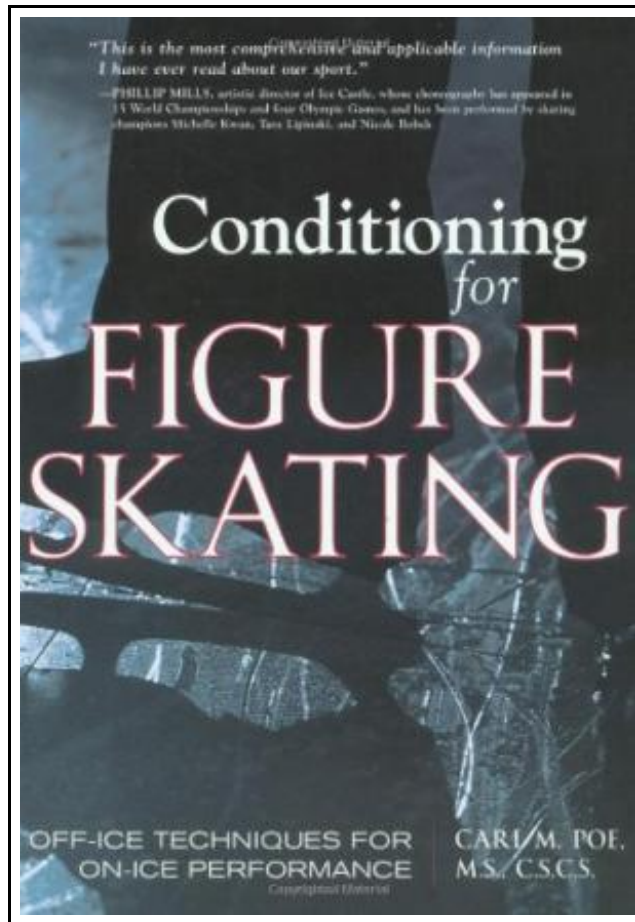


## Conditioning for Skating: Off-ice Techniques for On-ice Performance



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McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, Conditioning for Skating: Off-ice Techniques for On-ice Performance, Carl Poe, Finally, a conditioning program for figure skaters that meets today's competitive requirements of the sport. Figure skating has evolved dramatically in the past few years, with a greater emphasis on triple and quadruple jumps, jump combinations, and dramatic lifts. And to stay competitive, skaters must spend hours developing their strength, power, flexibility, and endurance to perform these maneuvers. "Conditioning for Figure Skating" is a technical, user-friendly guide that teaches you how to improve your strength, increase your power, and condition your body off the ice to improve your on-ice performance. Appropriate for skaters at all levels and all disciplines - singles, pairs, and ice dance - this manual explains the physical preparation needed to excel at the sport. Whether you are a skater, coach, trainer, or parent, you can use this book to establish a training structure to maximize your or the skater's potential. You will find in-depth analysis of: the physical components of figure skating; proper warm-up and cool-down techniques; sport-specific strength training; injury prevention exercises; drills to enhance speed, strength, and power; flexibility training; balance and body awareness; and, muscle endurance conditioning "Periodization," a yearly conditioning plan that creates a peak in physical performance coinciding with the competitive figure skating season.



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