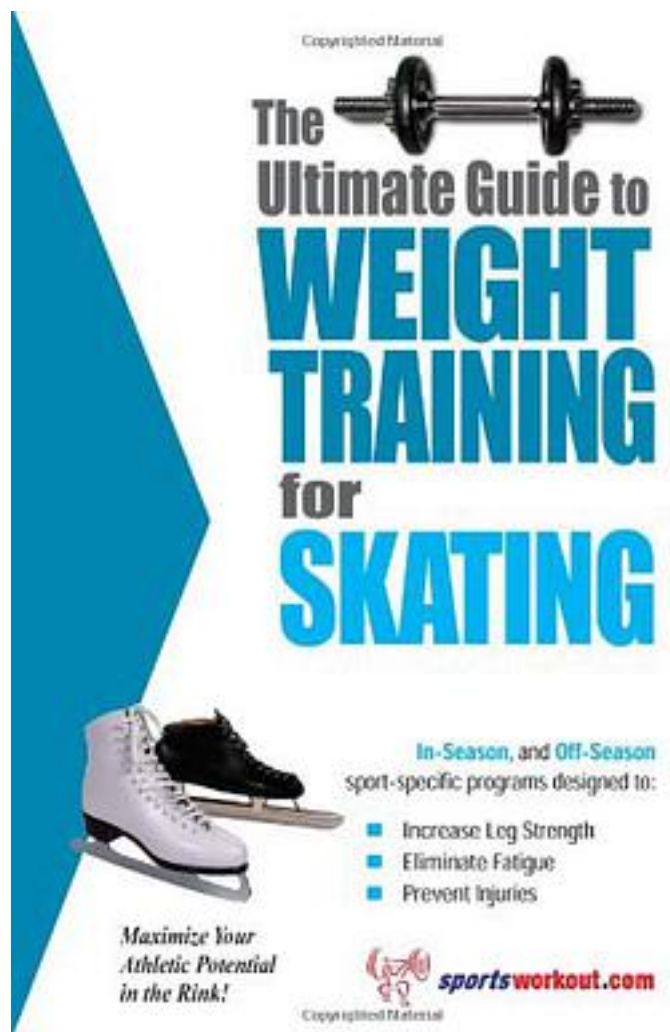


# Ultimate Guide to Weight Training for Skating



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This is the most comprehensive and up-to-date skating-specific training guide in the

world today. It contains descriptions and photographs of over 80 of the most effective weight training, flexibility, and abdominal exercises used by athletes world-wide. This book features year-round skating-specific weight-training programs guaranteed to improve your performance and get you results whether you are a figure skater or a speed skater. No other skating book to date has been so well designed, so easy to use, and so committed to weight training. This book provides you with the exercises needed to improve your footwork, speed, and power. By following this program you will increase your overall lower body strength making you faster, quicker, and more agile on the ice. Both beginners and advanced athletes and weight trainers can follow this book and utilise its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too!

作者介绍:

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