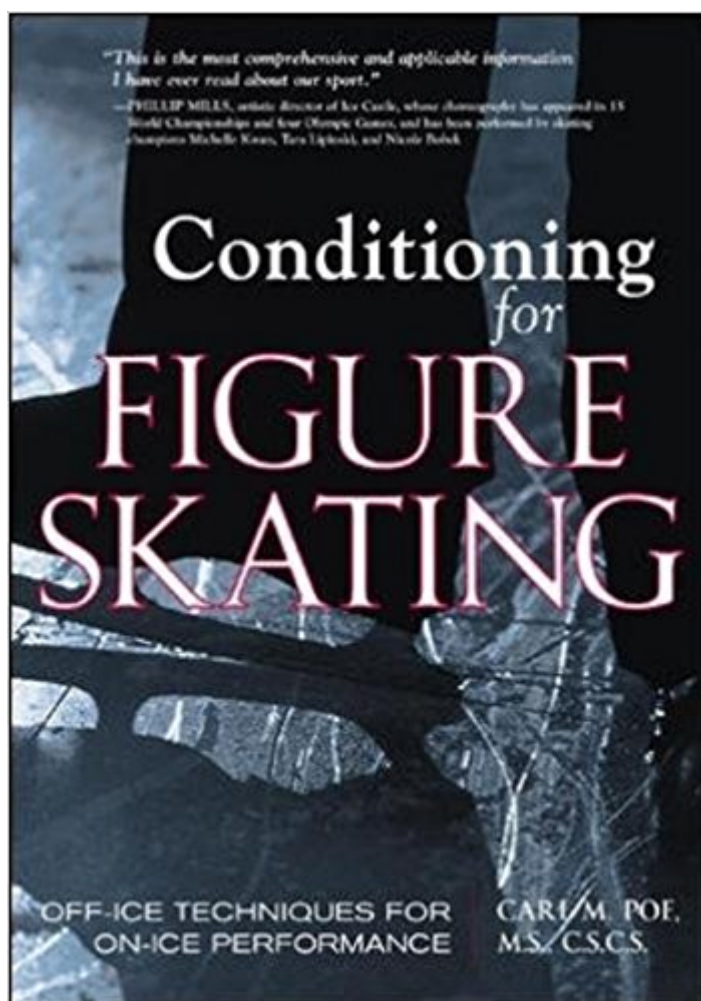


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# Conditioning For Figure Skating: Off-Ice Techniques For On-Ice Performance



## Synopsis

To be the best on the rink, skaters must spend endless hours strengthening and conditioning their bodies off the ice to build strength for the rigors of their performances. Illustrative and technical, yet user-friendly, *Conditioning for Figure Skating* provides detailed coverage of the physical preparation necessary for Preliminary through Senior-Elite skaters while concentrating on all disciplines of figure skating, including singles, pairs, and ice dance. More than 300 photos illustrate proper warm-up drills, flexibility stretches, cooldown routines, strength training exercises, jump and plyometric training programs, and endurance conditioning exercises for on-ice injury prevention. A periodization plan also helps skaters maximize their training potential.

## Book Information

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## Customer Reviews

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 Muscle endurance conditioning "Periodization," a yearly conditioning plan that creates a peak in physical performance coinciding with the competitive figure skating season

Carl M. Poe, M.S., C.S.C.S., has designed strength and conditioning programs and has trained figure skaters for the past seven years.

Very helpful to get ready for new competition season

This is more over 13 yrs old. My daughter is 10 yrs old.I think good book.

Expected it to be more instructive. May be it would make more sense for couches, but it's not useful for people who are self-training.

Glad to have received this book. Added this to collection of skating books. Worth to have.

There are a lot of conditioning ideas in this book. The book has been a good supplement to a conditioning class I run and helped to keep the class fresh as we are able to rotate the routines around and not just do the same thing.

Great book, great ideas

Good book.

Still reading it and using it.. even though it's outdated

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