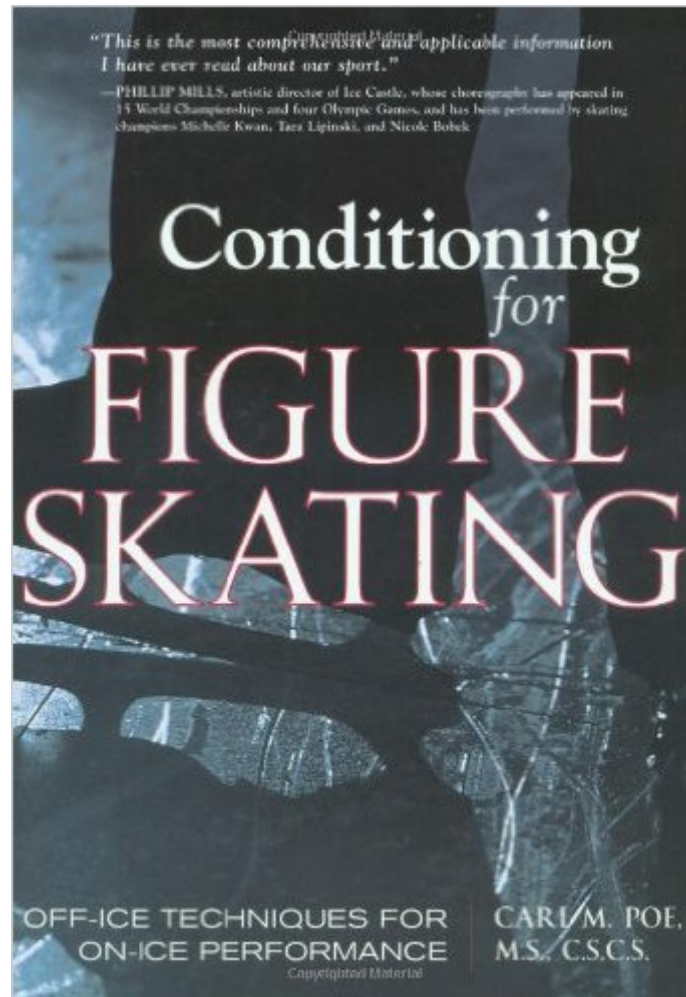


The book was found

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

Paperback: 192 pages

Publisher: McGraw-Hill Education; 1 edition (August 26, 2002)

Language: English

ISBN-10: 157028220X

ISBN-13: 978-1570282201

Product Dimensions: 7 x 0.5 x 10 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (17 customer reviews)

Best Sellers Rank: #379,871 in Books (See Top 100 in Books) #8 in [Books > Sports & Outdoors > Individual Sports > Rollerskating & Rollerblading](#) #19 in [Books > Sports & Outdoors > Winter Sports > Ice Skating & Figure Skating](#) #642 in [Books > Sports & Outdoors > Coaching > Training & Conditioning](#)

Customer Reviews

This is a wonderful book that provides both in-depth analysis of why off ice training is critical to a successful skater and step by step off ice strength and conditioning manual. It totally changed my view of ice skating. It helps my daughter to train smarter. Highly recommend.

A wealth of information that is hard to find elsewhere. After reading from cover to cover, I handed it over to my daughters coach and together we developed an off ice training regimen that suits her skill level and reflects her goals. Definite improvement in successful jumps completed noticed right away. I would highly recommend this book for anyone who is serious about ice skating.

I highly recommend this book. It details off-ice conditioning programs for singles, pairs, or dance and skaters of all ages and skill levels. Strength training, effective warm-up and cool down, plyometric, and other off-ice conditioning programs are detailed, as well as effectively improving your muscular and cardiovascular conditioning on ice. The only negative to this book is the photos and text explaining some of the moves - they could be a bit more descriptive. A great book from a very qualified author. These programs will yield great results on the ice if you put the time and effort in to conditioning.

This is a well written book that explains different exercises that will be of benefit to figure skaters and athletes alike. It is more of an adult/young adult read. Overall, very informational.

This is a great addition to any skaters library. It's filled with a lot of conditioning techniques specific to the sport that an athlete would benefit from adding to their routine. If you are looking to avoid getting a personal trainer to develop a skating specific routine this would be a good place to start.

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.

It has a very useful information and charts my skaters are improving their skills faster than I expected. I wish it has the digital copy so I can have it on my tablet

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

[Download to continue reading...](#)

Conditioning for Figure Skating: Off-Ice Techniques for On-Ice Performance Culture on Ice: Figure Skating & Cultural Meaning Figure Making Can Be Fun?!?: A complete guide to making a professional ventriloquist figure. Eileen Peerless Power Skating Method: The Art of Technique Applied to Hockey Skating Hockey Fitness: Year-Round Conditioning on and Off the Ice Living Off The Grid And Loving It: 40 Creative Ways To Living A Stress Free And Self-Sustaining Lifestyle (Simple Living, Off Grid Living, Off The Grid Homes, DIY Survival Guide, Prepping & Survival) Complete Conditioning for Swimming (Complete Conditioning for Sports Series) Complete Conditioning for Hockey (Complete Conditioning for Sports Series) Complete Conditioning for

Soccer, Enhanced Edition (Complete Conditioning for Sports) Complete Conditioning for Volleyball (Complete Conditioning for Sports Series) Conditioning For Racquet Sports: Tennis, Racquetball, Handball, Squash, Platform Tennis, Jai Alai (Dr. Fred Hatfield's Sport Specific Conditioning Series) No-Churn Ice Cream: 50 Delicious Ice Cream Recipes WITHOUT ICE CREAM MAKER (Recipe Top 50's Book 25) Ice Ice Babies: Ice Planet Barbarians: A Slice of Life Short Story Complete Conditioning for Ice Hockey Great British Bake Off: Celebrations (The Great British Bake Off) Tecnologia de refrigeracion y aire acondicionado / Refrigeration & Air Conditioning Technology: Conceptos, procedimientos y tecnicas de localizacion ... troubleshooting techniques (Spanish Edition) Ice Cream: Ketogenic Homemade Ice Cream (Paleo / Gluten Free): 20 Low-Carb, High-Fat, Guilt-Free Recipes Ketosis: Keto: Ketogenic Diet: Ketogenic Ice Creams: Lose Fat Quickly with Top 50 Keto Ice Cream Recipes (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss Book 1) Vegan Ice Cream: 50 Delicious Vegan Ice Cream Recipes (Veganized Recipes Book 1) Ketogenic Ice Cream: Over 50 Homemade Ice Cream Recipes

[Dmca](#)