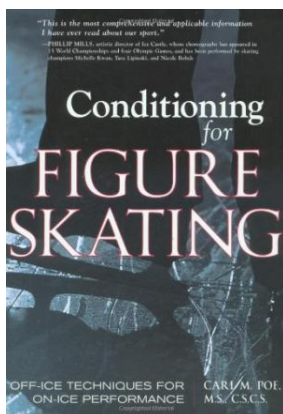


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CONDITIONING FOR SKATING: OFF-ICE TECHNIQUES FOR ON-ICE PERFORMANCE



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...

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