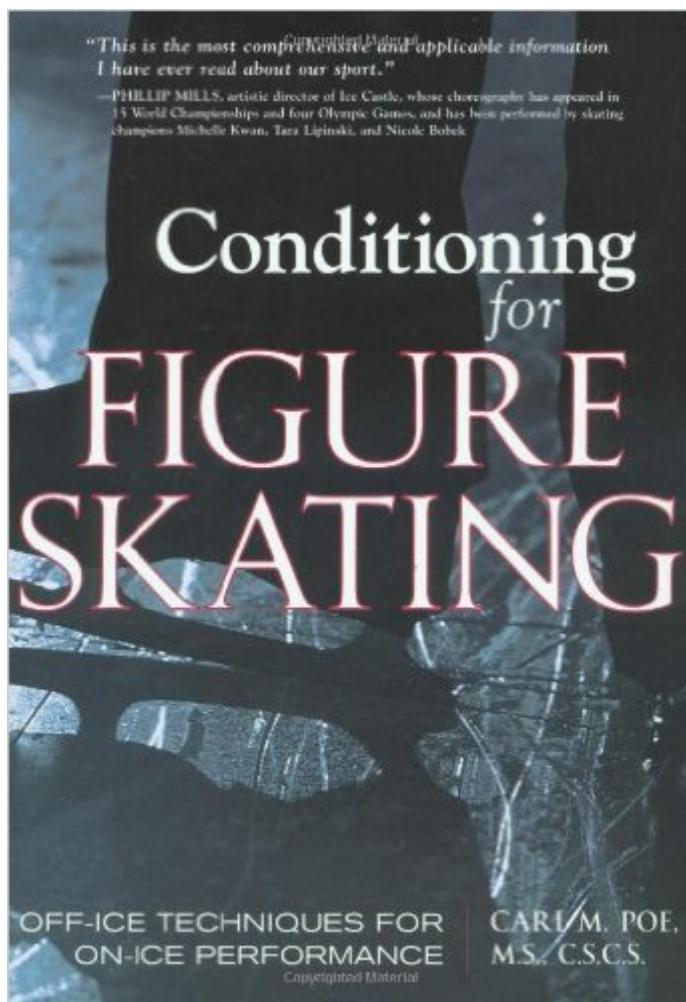


The book was found

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

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Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (17 customer reviews)

Best Sellers Rank: #379,871 in Books (See Top 100 in Books) #8 inÂ Books > Sports & Outdoors > Individual Sports > Rollerskating & Rollerblading #19 inÂ Books > Sports & Outdoors > Winter Sports > Ice Skating & Figure Skating #642 inÂ 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 sucessful 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.

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