

# The Ultimate Guide To Weight Training For Skating - Rob Price

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The Ultimate Guide to Weight Training for Skating 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 worldwide. 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 utilize 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! As an added bonus, this book also contains links to free record keeping charts which normally sell separately for \$20. Rob Price is a first class certified personal trainer and a former fitness consultant at the University of Wisconsin. He is a national weight lifting champion and state bench press record holder who has been featured in newspapers and magazines all over the world, including the USA Today, for his sportstraining expertise. Rob is a contributing author to Golf Fitness Magazine, Swimmer's World Magazine, US Bowler Magazine, and OnFitness magazine and is the founder and head trainer of SportsWorkout.com's eTraining service. In addition to being an internationally recognized fitness expert, Rob also holds a Juris Doctorate from The Ohio State University where he was honored as one of ten Moritz Scholars. Author: Price, Rob Publisher: Price World Publishing Illustration: N Language: ENG Title: The Ultimate Guide to Weight Training for Skating Pages: 00000 (Encrypted EPUB) On Sale: 2003-06-01 SKU-13/ISBN: 9781936910960 Category: Sports & Recreation : Bodybuilding & Weight Training Category: Sports & Recreation : Training Category: Sports & Recreation : Bowling

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