



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

*Carl Poe*

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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.

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