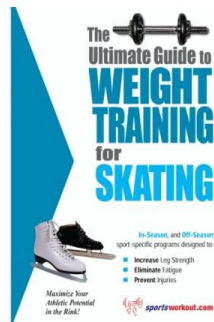


Find Book

ULTIMATE GUIDE TO WEIGHT TRAINING FOR SKATING



Price World Enterprises. Paperback. Book Condition: new. BRAND NEW, Ultimate Guide to Weight Training for Skating, Robert G. Price, This 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...

Download PDF Ultimate Guide to Weight Training for Skating

- Authored by Robert G. Price
- Released at -



Filesize: 6.04 MB

Reviews

This book is definitely worth acquiring. It normally will not cost excessive. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Prof. Leonard Beahan DVM**

Very helpful to all of category of people. It really is full of knowledge and wisdom I am quickly can get a satisfaction of reading through a written ebook.

-- **Ms. Maude Heller Sr.**

Here is the best publication i have got go through until now. It is actually writter in simple phrases and never hard to understand. I realized this publication from my dad and i suggested this ebook to find out.

-- **Lorena White**
