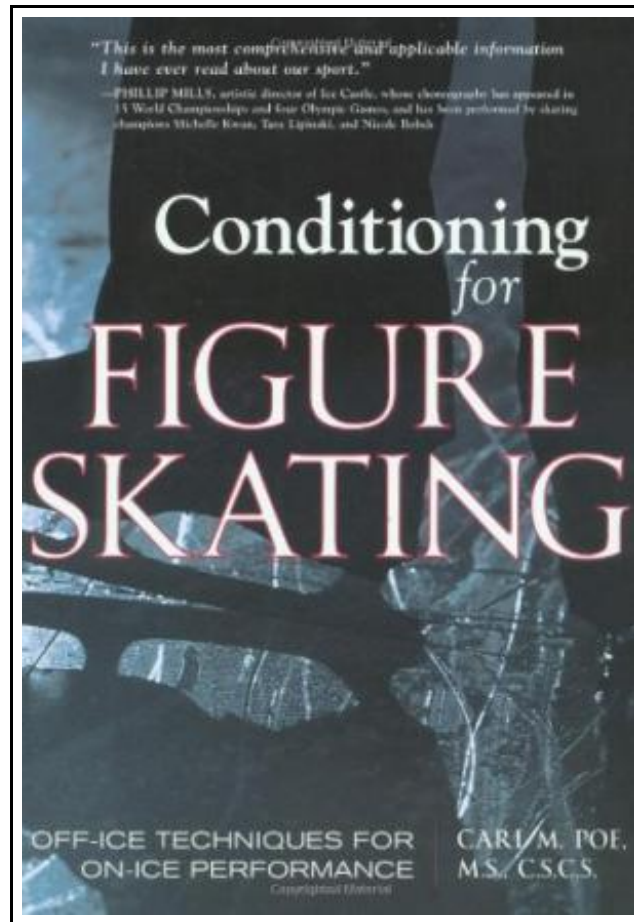


Conditioning for Skating: Off-ice Techniques for On-ice Performance



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Reviews

Absolutely essential study book. It is loaded with wisdom and knowledge I found out this ebook from my i and dad suggested this ebook to understand.

(Dr. Lera Spencer)

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



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