



The
Ultimate Guide to
**WEIGHT
TRAINING**
for
SKATING

CONTENTS

Part I	YEAR ROUND PROGRAM	
	Introduction	vii
	Year-Round Program	viii
Part II	GETTING STARTED	
	Warming Up	1
	Cooling Down	2
	Abs	3
	Stretching	9
	Proper Form	13
	Proper Breathing	14
Part III	RECOMMENDED EXERCISES	
	Substituting Similar Exercises	15
	Chest Exercises	16
	Back (Lats) Exercises	20
	Shoulders Exercises	24
	Triceps Exercises	29
	Biceps/Forearms Exercises	33
	Legs Exercises	37
Part IV	THE NECESSITIES	
	Perfecting Your Technique	43
	Estimating Your One-Rep Max	44
	The Different Folks, Different Strokes Principle	48
	Overtraining and Staleness	48
	The Declaration of Variation	50
	Muscle Fibers	51
	Training Techniques	53
	When to Increase	55
	Safety Reminders	55
	Record Keeping	57
	Test Yourself	60
	Conclusion	60



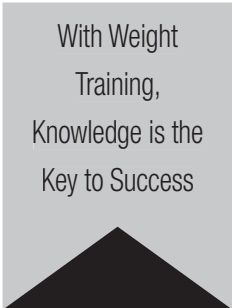
Part I

YEAR-ROUND PROGRAM



Introduction

By opening *The Ultimate Guide to Weight Training for Skating*, you have taken your first step towards achieving your athletic potential. This book is loaded with the most up-to-date sports weight training information and features a year-round skating-specific weight-training program. Upon completion of the text, you will know how to properly, safely, and effectively perform over 80 exercises and you will be ready to begin your training.



With Weight
Training,
Knowledge is the
Key to Success

The true importance of this book lies in the skating-specific program. It was created for one reason and one reason only; to improve your skating potential. It does this by increasing your strength, power, endurance, and flexibility in the parts of your body that are most important for performing better. The program was designed to supply you with the advantage you will need to outperform your opponents. By following the program, you will build your muscles with strength, endurance, and power. When called upon, you will be physically prepared and mentally ready to compete at the highest of your potential.

Although skating is primarily a sport focusing on leg strength and endurance, there are certain upper-body muscle groups should not be ignored in order to achieve your maximum potential. *The Ultimate Guide to Weight Training for Skating* does not overlook the importance of these muscle groups and has you training your entire body in order to maximize your potential.

This book does not teach you how to perform specific movements. It does not show

you the best strategies to out-skate your opponents, nor does it give you any tips to improve your specific skills. This book does, however, provide you with the best methods, program, and strategies available to physically improve your body and maximize your skating potential!

Year-Round Skating Program

The weight room is the place to build up your muscles, become stronger, and more powerful. This program consists of four different four-week routines cycled together to build both absolute strength and explosive power. The first and third routines are designed for you to put on strength while the second and fourth programs are designed for power and explosion.

After following the first two 4-week programs, be sure to take one week away from the gym to let your muscles rest and grow stronger before beginning your final two 4-week programs. Once you have completed the 16-week program, begin again from the beginning and substitute similar exercises at your leisure. (See ‘Substituting Similar Exercises’ section)

Before you begin every weight-training session, this book recommends that you perform at least five minutes of abdominal work to warm yourself up and train to your midsection. It also recommends that you stretch for five to ten minutes following your workout.

It cannot be stressed enough that while you weight train, you must supplement your weight-training activities with some sort of skating-specific activities to keep your body in skating shape. You must continue to practice your form, technique, and style consistently to help keep your body loose and ready to skate.



Remember to: -Train your abs prior to each training session
-Stretch your muscles directly after each training session