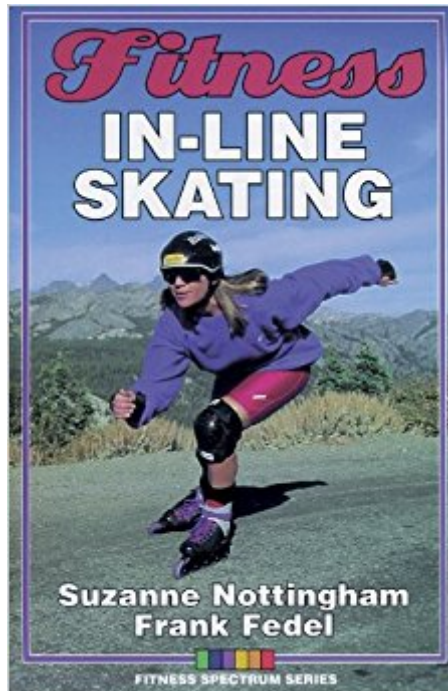




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Fitness In-Line Skating (Fitness Spectrum)



Synopsis

Soaring in popularity as a major participant sport worldwide, in-line skating offers everything from fun and fitness to highly competitive training and racing. *Fitness In-Line Skating* is the first book to provide expert training advice to in-line skaters of all abilities. The perfect training guide to help skaters reach their fitness goals, this easy-to-use reference features 48 different workouts grouped across six different training zones of increasing difficulty. Each color-coded zone is designed to challenge skaters in duration and intensity, so skaters can quickly find a workout that fits their needs. *Fitness In-Line Skating* is part of the *Fitness Spectrum Series*--a collection of books from Human Kinetics that offers fitness enthusiasts a practical and flexible approach to training.

Highlights include:- six training zones and 48 color-coded workouts that range in difficulty from very easy to very hard;- three sample skating programs from which to choose according to your training goals, fitness level, and desired training distance;- cross-training advice for cycling, ice skating, rowing, snow skating, running, alpine skiing, snowboarding, and weight training; and- guidelines for using the workouts to design a program of your own. Suzanne Nottingham is one of the leading skating instructors in the country. She is an examiner for the International In-Line Skating Association and fitness editor for *Skiing* magazine. Frank Fedel is a leading exercise specialist and expert on in-line training and racing. He is a member of the American College of Sports Medicine.

Book Information

Series: *Fitness Spectrum*

Paperback: 176 pages

Publisher: Human Kinetics (April 9, 1997)

Language: English

ISBN-10: 0873229827

ISBN-13: 978-0873229821

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

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""""Nottingham has written a comprehensive guide that authoritatively defines the relationship between fitness and in-line skating.""Rebecca BroidaContributing EditorIn-Line Magazine""A definite classic for fitness professionals and novice or experienced skaters!""Jill A. CarsonCertified InstructorInternational In-Line Skating Association "

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