



Fitness In-Line Skating (Fitness Spectrum)

Suzanne Nottingham, Frank Fedel

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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.

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This Fitness In-Line Skating (Fitness Spectrum) book is not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is usually information inside this reserve incredible fresh, you will get data which is getting deeper an individual read a lot of information you will get. That Fitness In-Line Skating (Fitness Spectrum) without we understand teach the one who examining it become critical in pondering and analyzing. Don't possibly be worry Fitness In-Line Skating (Fitness Spectrum) can bring whenever you are and not make your tote space or bookshelves' grow to be full because you can have it in your lovely laptop even cellphone. This Fitness In-Line Skating (Fitness Spectrum) having good arrangement in word as well as layout, so you will not truly feel uninterested in reading.

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