



Here at Denver's Athletic Republic, we have a program designed specifically for figure skating that will increase:

- POWER**
- FLEXIBILITY**
- AGILITY**
- ENDURANCE**
- CORE**

Figure Skating involves precise, multi-directional, **power** movements that require highly developed motor co-ordination; strength training will help fine-tune these movements. A sound weight-training program encourages **core** stability in your physical strength as well as reduces the chance of injury. The exercises performed will be biomechanically specific to figure skating skills including muscle used in **flexibility** movements, jumping and turning.

Do you want to master tough step sequences and jump combinations to get credit for the higher difficulty levels, but don't have the **power** and **endurance** to make it through the second half of your competitive routine? Do you need to develop a higher jump range to successfully complete the necessary number of rotations? Our Acceleration program is perfect for getting you to the next level.

Agility is the ability to execute a series of diverse movements in succession. In figure skating, your footwork, balance and movements are just as important as the jumps. Here at the Acceleration Institute, we include **agility**, balance and **core** stabilization into every figure skating program. No matter what level you're at now, WE WILL TAKE YOU TO THE NEXT!



At the Acceleration Institute, we will help you achieve a 2-4 inch increase on your vertical, 33% improvement on your foot speed, and a 50% reduction in recovery rate.

Let us help you take your figure skating to the next level!

Objectives

- Enhance posture/body positioning
- Increase acceleration and speed around the ice
- Increase explosive power – in particular vertical jump height
- Improve overall strength to reduce the athletes risk of joint and tendon injuries
- Improve foot work for better turning and pushing off
- Enhance cardiovascular condition