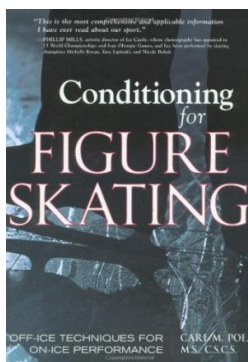


## Conditioning for Skating: Off-ice Techniques for On-ice Performance



### Book Review

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