



# ***Fitness Testing for Figure Skaters***

Fitness measures include:

- \* Body composition
- \* Flexibility
- \* Muscular Strength
- \* Aerobic Capacity
- \* Anaerobic Power

The testing takes 1½ hrs. Individual meetings will be set up at a later date to review the results, identify strengths & weaknesses, and how they relate to figure skating performance. Skater goal-setting will also be facilitated.

**Date: June 2007**

**Place: Richmond Training Centre**

**Cost: \$85 per skater**

**Register: [info@yourpeakperformance.ca](mailto:info@yourpeakperformance.ca)  
or (416)450-0828**

**[www.yourpeakperformance.ca](http://www.yourpeakperformance.ca)**