



TRION
HOCKEY

SK8W8

MEDICAL CHECK✓

This product is a training aid for all athletes training on ice skates, from hockey players, to speed skaters. It will assist in conditioning by increasing strength, muscle tone and cardiovascular endurance. The principle is simple: by adding weight to the skate, in a location that keeps the normal mechanics of skating the same, extra work is added to your training. When they are removed for a game, you will really fly!

How does this work? Use of this device will allow the skater, with proper training, to build both slow twitch muscles for increasing strength and endurance. It will also improve fast twitch muscles to improve explosiveness for rapid quick sprints and acceleration.



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SKATE WEIGHTS™