

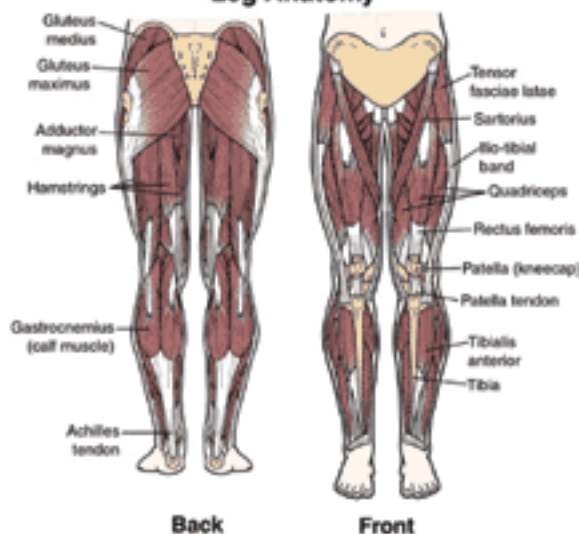
All of this occurring while at practice and working on all the other hockey skills necessary to play. SK8W8 allows strengthening of the core muscles which are needed to be strong on skates. Muscle tone of stabilizing muscles will also help to prevent injury. By having the SK8W8 under the boot, it allows a greater fulcrum of action to occur, building strength in muscles required for skating.

It is important to gradually increase the length of time in which the aid is used, so as not to over tax muscles that need strengthening, which can cause injury to muscles and ligaments and slow the training. Use of this lower weight aid has actually in fact shown, when used with the proper technique and for gradually increasing times, can actually strengthen the bones and tendon insertions.

Also ...

The secret is to do lighter weights with many repetitions which will give the body time to adapt, repair and strengthen. I would advise skaters to use this aid no more than every second day. All muscle building requires micro trauma to the muscles which then allow bridging protein to be laid down and thus increase muscle bulk.

Leg Anatomy



In summary, this training aid when used properly can enhance performance by improving muscle strength, endurance, explosiveness, all while improving core muscles to improve balance. All of this, while practicing your hockey skills at the same time!

You should always check with your Doctor before any physical activity regarding new equipment. If you have any questions or concerns regarding the SK8W8 product line and your physical fitness, contact your Doctor.

Alan Kaplan MD CCFP(EM)
Vice Chief Emergency Dept.
Pain Specialist
Richmond Hill, Ontario