

# SKATING TREADMILL

@Fox Valley Fitness

- Skating mechanics
- Strengthen lower body
  - Edgework
- Speed and Endurance



## TRAIN WITH US.



Follow us



@firstshift.hockey

EMAIL [FIRSTSHIFTHOCKEY@YAHOO.COM](mailto:FIRSTSHIFTHOCKEY@YAHOO.COM)

CALL 847-502-4360

[FIRSTSHIFTHOCKEY.COM](http://FIRSTSHIFTHOCKEY.COM)