



Skiing and Snowboarding Fitness: Reach Your Potential on the Slopes (Paperback)

By Mark Hines

FIREFLY BOOKS, 2007. Paperback. Condition: New. Language: English . Brand New Book. A valuable guide to pre -season training. Proper training and conditioning are the best safeguards for an enjoyable and injury-free holiday of skiing or snowboarding. Unlike most sports, skiing and snowboarding put huge demands on both body and mind. A momentary lapse in coordination, concentration, flexibility or reflexes can lead to disastrous, even life-threatening injuries. Skiing and Snowboarding Fitness is a well-organized, comprehensive illustrated guide to a realistic and dynamic fitness program that can be specifically tailored to an individual. The book recommends specific programs to guard against the most common types of skiing-related (or snowboarding-related) dangers: Spinal injuries Shoulder injuries Knee and ligament sprains Improper nutrition and hydration. Step-by-step exercise programs treat the body as a whole, with attention on strength, flexibility and cardiovascular fitness. Many of the exercises improve timing and balance, the two essential factors so critical on the hills and mountainsides. The fitness programs can be completed in months or in weeks and will benefit skiers and boarders of all levels. Required equipment is remarkably simple, gimmick-free and commonly available. Skiing and Snowboarding Fitness is a complete workout program that will help participants perform...



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