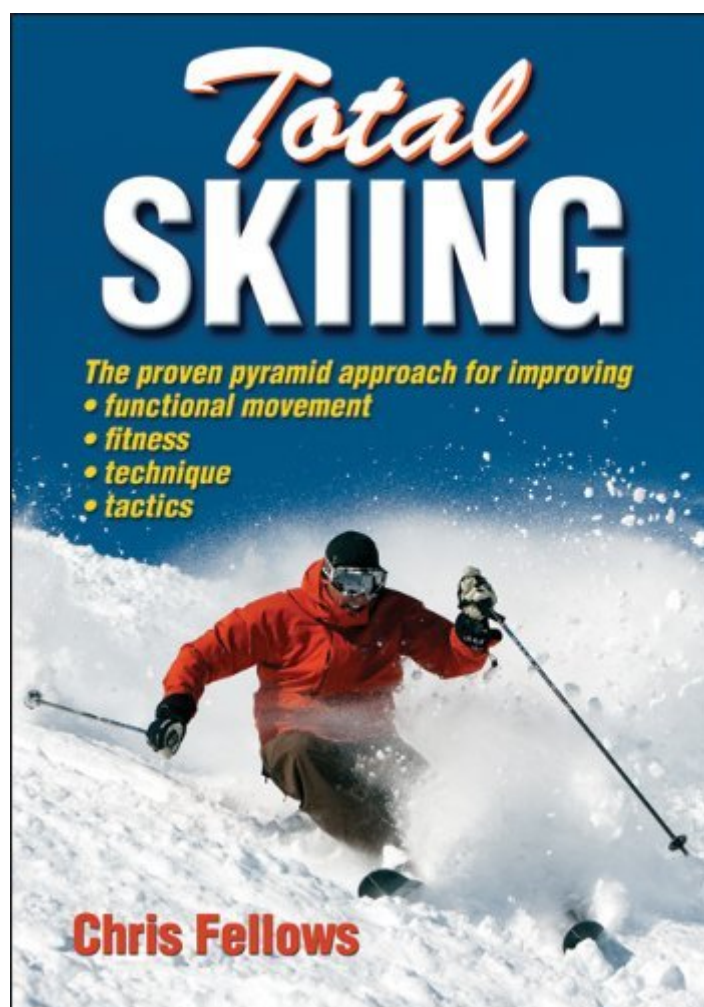


The book was found

# Total Skiing



## Synopsis

What type of skier are you? What are your strengths? What are your weaknesses? How can you improve your skills and your downhill experience? Total Skiing was developed specifically to help you answer those questions. Author and renowned ski instructor Chris Fellows shares his proven pyramid program for assessing skills and creating your skiing profile. Step by step, you'll identify exercises to enhance those skills and create a personal training program to improve functional movement, including stability and mobility, ski-specific fitness, essential ski techniques, and tactics for performance on all terrains. Total Skiing also includes sample programs for each skier type that offers guidance from preseason to postseason with dry-land and on-snow drills for foundational, intermediate, and advanced performance solutions. Whether you are looking to polish your skills, conquer the new terrain, or compete on circuit, Total Skiing is your total guide to exhilarating all-mountain skiing! v

## Book Information

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## Customer Reviews

This book belongs in the library of every serious PSIA ski instructor or any skier who is interested in improving skiing skills. It is loaded with detailed information and presented in a manner that is easy

to grasp and understand. A refreshing approach bringing material together in a comprehensive building block approach. Chris builds a skiing performance pyramid that starts with a base of functional movement. He then works through ski fitness, ski technique, and at the peak of the pyramid - ski tactics. Understanding, assessing, and targeting flexibility and strength are discussed as they relate very specifically to ski movements. Learn a grading system, to quantify results. Determine if work is needed to raise your level of cardiovascular, muscular, or power and agility as they relate to ski fitness. Use Chris's system for periodical year round self - assessments. Next, Chris goes on to explain essential techniques; neutral stance, engaged stance, leg turns, parallel turns, and carved turns. This is followed by a section on tactics; reading terrain, applying turn shape, speed management, line choice, steeps, bumps, chutes and gullies, back bowls and trees. Then Chris explains how to categorize your skiing as it relates to the performance pyramid - underpowered, overpowered, under skilled, or combined. A very interesting methodology to target strengths and work on weaknesses. This is followed by a section on equipment needs. Very useful information about getting dialed into a performance boot fit - this information is often overlooked and undervalued in importance. It receives proper emphasis here. He then provides background information on which skis are most suitable for various types of terrain.

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