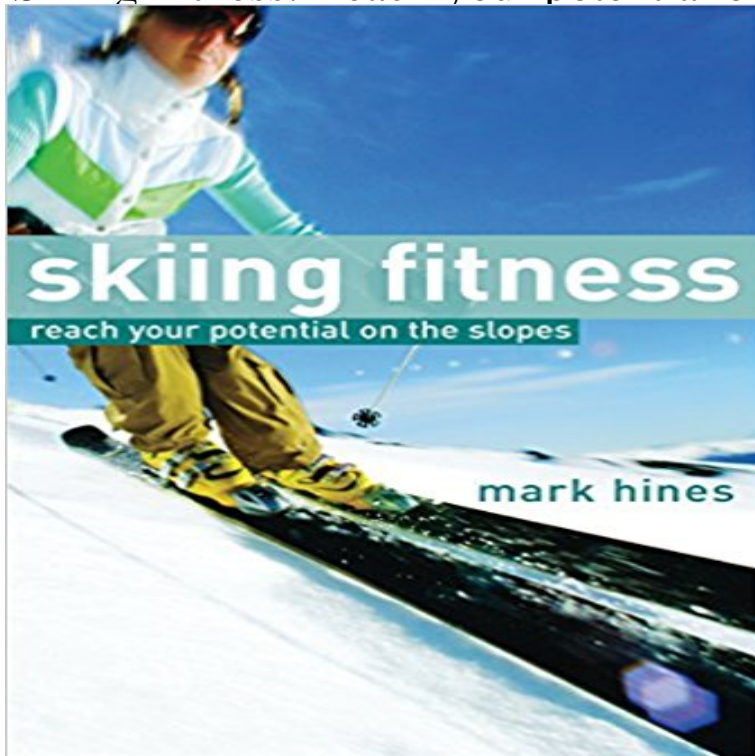


## Skiing Fitness: Reach your potential on the slopes



Whether you are a first time skier or regularly take to the slopes, your chances of an enjoyable - and injury free - holiday are greatly enhanced if you prepare for the physical exertion of skiing. This book offers readers a fitness programme specifically designed for the rigours of skiing. The book begins with an overview of the most common injuries that skiers suffer, plus a look at what areas of fitness you need to focus on in order to get the most out of your skiing - strength, CV fitness and flexibility. The book has two sections, one aimed at those new to skiing and one aimed at the more advanced skier. Both sections will include programmes to be undertaken in the months and weeks leading up to the skiing trip, but there will also be year round programmes that can be incorporated into the reader's regular exercise programme, offering year round skiing fitness.

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