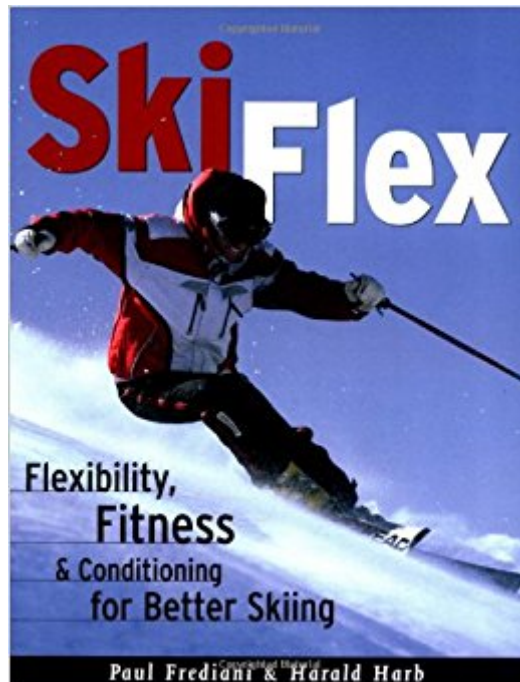


The book was found

Ski Flex: Flexibility, Fitness, And Conditioning For Better Skiing (Sports Flex Series)



Synopsis

Make the most of your skiing with expert advice from top ski instructor Harald Harb and elite sports fitness trainer Paul Frediani. The revolutionary Ski Flex program takes just ten minutes a day to improve your skills and keep you fit both on and off the mountain. This easy-to-use guide provides a dependable strength and conditioning program for first-timers and regular weekend skiers alike. The fourth book in the highly popular pocket-sized Sports Flex series, Ski Flex meets the demand for sports-specific flexibility programs that can be done anywhere in a shorter amount of time!

Book Information

Series: Sports Flex

Paperback: 112 pages

Publisher: Hatherleigh Press (December 2002)

Language: English

ISBN-10: 1578260582

ISBN-13: 978-1578260584

Product Dimensions: 7 x 0.4 x 9 inches

Shipping Weight: 7.2 ounces

Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (5 customer reviews)

Best Sellers Rank: #1,092,460 in Books (See Top 100 in Books) #43 inÂ Books > Sports &

Outdoors > Outdoor Recreation > Skiing > Downhill #119 inÂ Books > Health, Fitness & Dieting >

Exercise & Fitness > Stretching #328 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness >

Quick Workouts

Customer Reviews

It is well established that stretching improves agility and quickness of skiers. Resistance exercises strengthen the muscles, but they also shorten them. Stretching makes muscles longer again. This leads to flexibility (greater range of motion in the joints) which allows to get the most out of your training program and helps to ski longer, in better control, with less fatigue. Many books in the past emphasized primarily physical training during off-season period. In the last few years, flexibility and stretches got increasingly large attention. This book is entirely focused on stretches. It contains a well-illustrated 10-20 minute warm-up and stretching routine, and several additional excersises to improve balance. The exercises are very easy, and can be done, e.g., in the morning before work. They help to wake up and to feel better. Additionally, there is a section on warm-up and stretches recommended for the slopes before skiing (partly with the skis on), and a few exercises on skis to

improve balance. The authors emphasize that it is important to do these stretches every day since the result will be nil if you do them irregularly. However, it is not quite clear what kind of progress you can expect if you do them every day. While I appreciate the importance of stretches, I strongly suspect that the result may be rather insignificant if you do these routines every day, but nothing besides them. Stretches obviously work best when they are combined with more vigorous exercise program, such as strength training or aerobics. It is a pity that this book includes very few of those - if it did, it could be an indispensable source for pre-season conditioning.

[Download to continue reading...](#)

Ski Flex: Flexibility, Fitness, and Conditioning for Better Skiing (Sports Flex Series) Yoga For Men: A Beginners Guide To Develop Core Strength, Flexibility and Aid Recovery (Yoga for Men, Flexibility Training, Mobility Fitness) Backcountry Skiing: Skills for Ski Touring and Ski Mountaineering (Mountaineers Outdoor Expert Series) Complete Conditioning for Swimming (Complete Conditioning for Sports Series) Complete Conditioning for Hockey (Complete Conditioning for Sports Series) Complete Conditioning for Volleyball (Complete Conditioning for Sports Series) Conditioning For Racquet Sports: Tennis, Racquetball, Handball, Squash, Platform Tennis, Jai Alai (Dr. Fred Hatfield's Sport Specific Conditioning Series) Be Fit to Ski: The Complete Guide to Alpine Skiing Fitness Complete Conditioning for Soccer, Enhanced Edition (Complete Conditioning for Sports) Utah: The Complete Ski and Snowboard Guide: Includes Alpine, Nordic, and Telemark Skiing & Other Winter Sports Fitness Cross-Country Skiing (Fitness Spectrum) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Basketball: Basketball Made Easy: Beginner and Expert Strategies For Becoming A Better Basketball Player (Playing Basketball Conditioning Shooting Drills ... Winning Tactics Sports Reference Guide) Backcountry Skiing Utah, 2nd (Backcountry Skiing Series) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Fit to Ski & Snowboard: The Skier's and Boarder's Guide to Strength and Conditioning For the Love of Skiing: A Visual History of Skiing The Physics of Skiing: Skiing at the Triple Point Fitness: The Complete Guide, Official Text for Issa International Sports Science Association Certification Course for Fitness Trainers Ski Bums and the Art of Skiing

[Dmca](#)