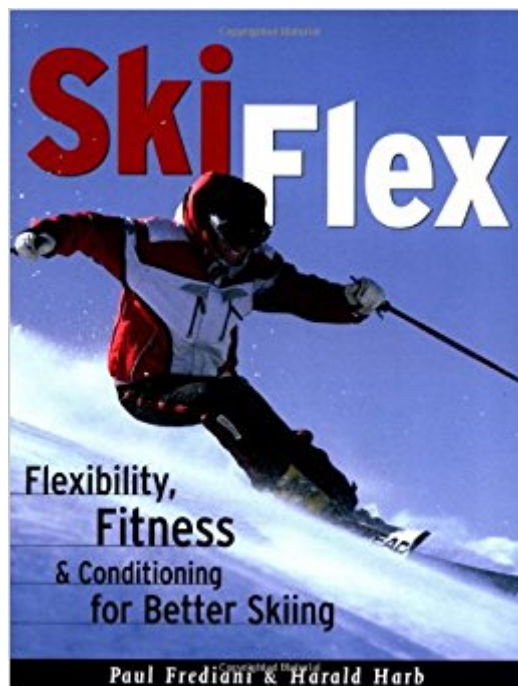




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# Ski Flex: Flexibility, Fitness, And Conditioning For Better Skiing (Sports Flex Series)



## 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

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## Customer Reviews

Paul Frediani is a nationally recognized fitness trainer and educator. He is certified by the American College of Sports Medicine as a Medical Exercise Specialist and by the American Council on Exercise. Harald Harb, coach, teacher and skiing innovator, resides in Denver, Colorado. He is a former National Ski Team Development Coach, whose students included Olympian Tommy Moe. He is author of *Anyone Can Be an Expert Skier* and is a frequent contributor to *Skiing Magazine*.

This book is precisely what I wanted: simple exercises. One suggestion, if I may ... I considered taking it apart and copying a few pages and making sort of a go-to set of exercises, but decided against it. But if there were a website where you could go and print individual pages, that would be very useful. I do realize that gets into an entirely different product realm, however.

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 exercises 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. The good part, however, that practically all suggested exercises can be done at home on the floor or standing against the wall, with the equipment which can be purchased at a local hardware store, or with no equipment at all. The subtitle of the book (see the bottom of the book cover) is misleading as it says "flexibility, fitness, and conditioning for better skiing". Flexibility is definitely there, and is very well written; fitness and conditioning - sorry, guys, I did not see much of it in the book. Four stars.

This is a good book - a relatively inexpensive book to help know how to get in shape for skiing season. I also purchased *Fitskiing* (hardback) which is more exhaustive (and was more what I was looking for), but this book is worth the cost.

I ordered a couple of his books and while one may be interesting they are kind of redundant. If ordering just try one first.

I'm a personal trainer working in a New York City gym and when a client of mine wanted some exercises for his favorite sport, I did a search and found this book. It has been excellent. All I

needed to tailor a program for him, and even exercises he can do on the mountain in full gear. Clear, honest and effective. I highly recommend it.

Get in shape for ski season with this guide to stretching. These easy exercises work well as a morning wake-up call.

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