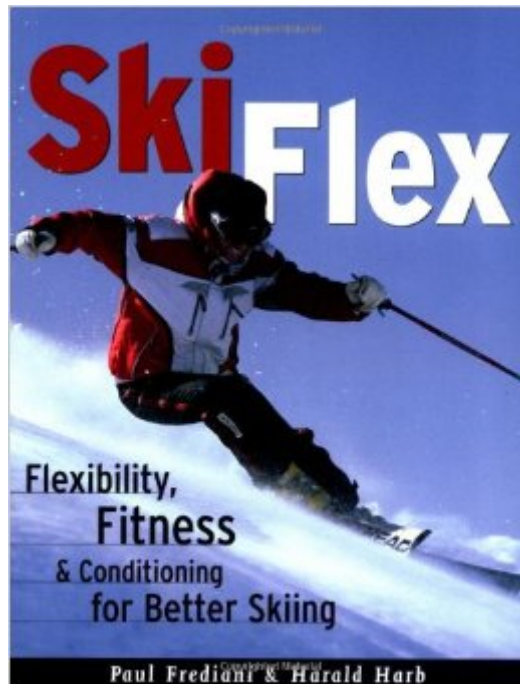


The book was found

# 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.

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