



The Ultimate Guide to Weight Training for Skiing (Ultimate Guide to Weight Training: Skiing)

Rob Price

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The Ultimate Guide to Weight Training for Skiing is the most comprehensive and up-to-date skiing-specific training guide in the world today. It contains descriptions and photographs of over 80 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book features year-round skiing-specific weight-training programs **guaranteed to improve your performance and get you results.**

No other skiing book to date has been so well designed, so easy to use, and so committed to weight training. This book enables skiers of all types to **increase strength, flexibility, and speed, resulting in higher jumps, quicker runs, and overall success on the slopes.** The programs also help raise endurance and helps prevent injuries.

Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too!

As an added bonus, this book also contains links to free record keeping charts which normally sell separately for \$20.

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