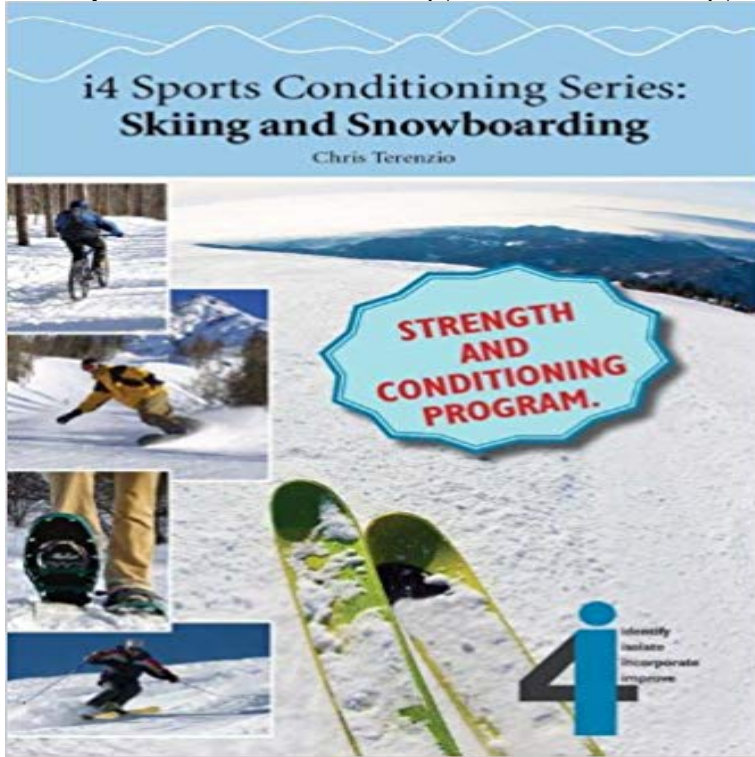


# i4 Sports Conditioning Series: Skiing and Snowboarding



The i4 Sports Conditioning Series: Skiing and Snowboarding is a culmination of over 23 years of experience training athletes of all levels. This manual is the essential strength and conditioning guide for any one who wants to improve their abilities on the slopes. Includes: Beginner, Intermediate and Advanced fitness programs Over 60 exercises to work your legs, core and upper body Stretches to increase flexibility Warm-up routine for pre-workout or before a day on the mountain Nutritional advice to increase energy levels Strategies to enhance recovery Online link to communicate with the author, a certified trainer and sports conditioning specialist Additional techniques to advance your program to keep challenge high and much more...

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incorporates a useful integral ski hatch that allows longer items to be carried where a suitable.