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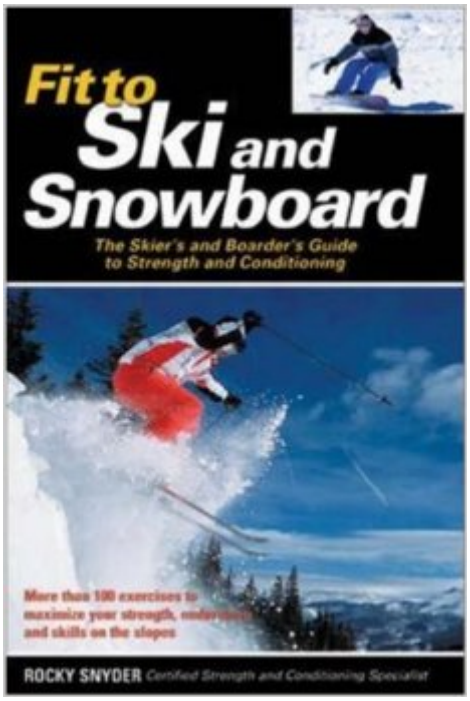
Fit To Ski & Snowboard: The Skier's And Boarder's Guide To Strength And Conditioning



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Synopsis

Hit the slopes with greater strength, balance, and endurance than ever before Whether you’re a weekend warrior or an advanced athlete, Fit to Ski and Snowboard helps you create the ideal conditioning program for your body and your needs. You can do these personalized workouts at the gym or at home, tracking your progress with the workout log and muscle chart. You’ll be amazed how much you can: Improve your balance with wobble board and stability ball exercises Strengthen and protect your back using core training techniques Gain quicker reactions through plyometrics Increase your flexibility with sun salutations and stretches With this all-in-one fitness handbook, you’re sure to be in peak condition next time you challenge the peaks. ". . . packed with exercises that let athletes tap their maximum potential before the snow flies."--R. Mark Elling, author of The All-Mountain Skier "Rocky’s training tactics will help you improve fast!" --Jeff Bennett, coauthor of The Complete Snowboarder

Book Information

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Customer Reviews

I bought this book hoping it would offer some specific training tips and exercises for snowboarding. Other than the picture on the front cover, this book could apply to any sport. I doubt that Rocky has ever seen a snowboard in his life. That said, there are some good generic exercises and routines that apply to anyone. I was just hoping for a more snowboard/skiing targeted book.

I got this book as a gift and I really like the stretches and simple techniques to get ready to hit the slopes this winter. Not too complicated - easy to follow guide.

the book provided some stretches and lifts that focus on the core and legs that can be performed in your home. it helped me to form a workout that i do at the gym.

Getting ready for this years ski season, I found this book to give me an excellent foundation in getting ready to hit the slopes. Mr. Snyder, made it simple to understand and follow, and I recommend this reading for all skiers/snowboarders.

I have Fit to Surf, by the same author, which is great, so I bought Fit to Ski/Snowboard. Rocky makes it easy to develop a training program so I can focus my time and energy where it will help me the most in the ocean and on the slopes. Not being a gym rate, nor really enjoying working out, his books make it easy to stay on track so I can get the most out of my favorite sports, and keep up with my kids!

Rocky’s book is dynamite! There is nothing worse than heading to the slopes every 3 months and being completely out of skiing shape. Rocky’s book will prepare you to make the most of your ski trip--and not suffer from unnecessary soreness or injury when you go "back to the real world."

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