



Total Skiing

Chris Fellows

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What type of skier are you? What are your strengths? What are your weaknesses? How can you improve your skills and your downhill experience? *Total Skiing* was developed specifically to help you answer those questions.

Author and renowned ski instructor Chris Fellows shares his proven pyramid program for assessing skills and creating your skiing profile. Step by step, you'll identify exercises to enhance those skills and create a personal training program to improve functional movement, including stability and mobility, ski-specific fitness, essential ski techniques, and tactics for performance on all terrains.

Total Skiing also includes sample programs for each skier type that offers guidance from preseason to postseason with dry-land and on-snow drills for foundational, intermediate, and advanced performance solutions.

Whether you are looking to polish your skills, conquer the new terrain, or compete on circuit, *Total Skiing* is your total guide to exhilarating all-mountain skiing!

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