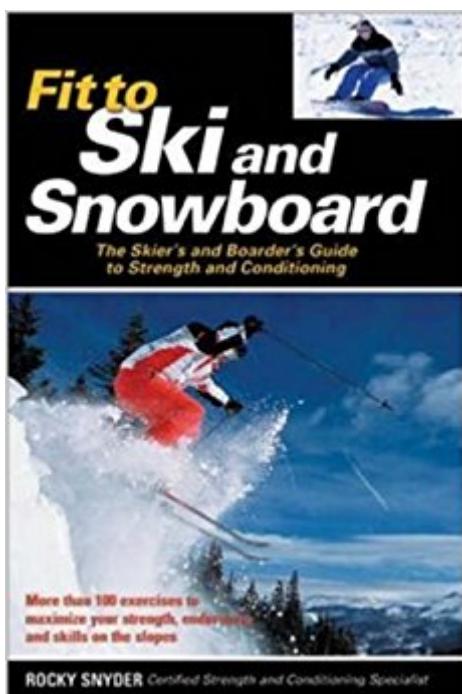


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# Fit To Ski & Snowboard: The Skier's And Boarder's Guide To Strength And Conditioning



## 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

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## Customer Reviews

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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 Rocky Snyder has been a Certified Strength and Conditioning Specialist and a Certified Personal Trainer since 1993. Named Best Personal Trainer of Santa Cruz County for four straight years, he is the author of Fit to Paddle and Fit to Surf. He lives in Aptos, California.

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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.

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.

As an avid skier, I have personal experience with Rocky's books and his fitness/training regimen. What I have found most helpful about this book for ski/snowboard training is that it has a variety of exercises that will keep you busy throughout the off-season and keep you tuned during the season. If you get too familiar with an exercise you can easily find other exercises that will challenge you. Rocky's proven exercises really do work in keeping that edge to edge fitness and quickness required for skiing and snowboarding. The pictures and instruction make it easy to follow. The added bonus is that many of these exercises can be transferred to other sports. Every skier and snowboarder should have this book on his/her shelf. You'll use it often.

I left New England in '98 because it was too cold and because I never learned to ski. In college, everyone came back from the slopes with broken parts and not just on their skis. After reading this book, I am glad to know that there are slopes on the West Coast because I'm giving this thing a shot. Snyder makes skiing and boarding sound not only fun and good for your health but necessary.

His writing style is as free-flowing and easy as a trip down the bunny slopes. His encouragement is like having an instructor by your side cheering you on. I'm going to add his regimen to my fitness activities because he is so thorough, positive, and knowledgeable. Thanks Mr. Snyder. Can't wait to see what's next in store for us!

As a strength and conditioning professional and avid snowboarder I would give Rocky Snyder's "Fit to Snowboard and Ski" a solid "5 Star" rating. He has laid out functional progressions that will take a novice through expert rider/skier and develop the whole body for the demands of the sport. The descriptions and pictures are easy to follow making this a very practical self-help guide. You can have lots of desire to improve but if you don't have the strength and stability behind it you will never reach your full potential.

As a practicing chiropractor for 25 years I have seen all of what can happen when you don't have a reference like Fit to Ski and Snowboard in your library. Rocky Snyder is a master at translating a no-nonsense training protocol into pure joy in skiing and snowboarding. Rocky's book will help prevent injury and inspire more charging and fun. What's not to like about a book like that? Dr. Herby BellCapitola, CA

Fit to Ski & Snowboard is a user friendly and very effective guide to helping skiers and snowboarders of all levels work on their game ! Rocky Snyder has great technique in conveying top quality information to and with you rather than down to you. A must read for all winter outdoor enthusiasts. Gerard Brielle, NJ.

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 rat, 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!

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