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Avalanche Ski Training

A Surefire Skier Workout System

Skiing for Fun and Fitness

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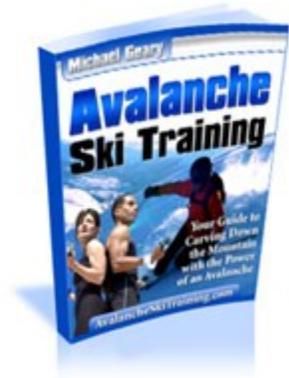
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Skiing Basics for Beginners - How to Avoid Falling on Your Face on Your First Try

Skiing is an exciting pastime that will give you an excuse to travel and meet friends as well as help you keep your body in tip top shape. If you're considering taking up skiing as your newest hobby, here are a few tips to help you get started.

The Proper Positioning for Skiing

Positioning is extremely important when skiing. If you start out with the wrong position, you'll most likely end up with an equally bad fall. The best pose to have before skiing is to keep your feet slightly apart, with the distance between your feet equaling the width of your shoulders. Your skis, on the other hand, must form a V-shape.

As you move, you'll have to slightly bend your lower body, starting from the waist, then your knees going down to your ankles. Make sure that your arms remain slightly outstretched and steady on your skis. It's very important that pressure is evenly distributed to both of your feet.

Making a Turn

It will seem extremely difficult and scary to make a turn on your first attempt at skiing, but rest assured that this is a doable objective. The first thing you have to do is place your body in the basic position once more - feet slightly apart, your lower body bent slightly, and your arms spread widely – then slowly but firmly turning your feet to the direction you wish to take. Make sure that you still keep your eyes straight ahead and not down on your feet while you make the turn. Once you've turned your feet successfully to the right direction, you'll realize that your body has automatically done the same!

While it's easy to make turns on slow and gentle slopes, it naturally becomes harder on steeper courses because of the amount of effort you need to exert to keep control of your body and your skis. Practice however will soon make you a pro at turning left and right.

Walking and Gliding

If there's a short distance between you and your intended destination and you wish to cover it by walking rather than skiing, take your skis off and put your ski boots to work. It's easier and safer that way.

To glide in your skis, on the other hand, all you have to do is assume the basic positioning once more. Relax your grip then let yourself go. Again, keep your eyes straight ahead and not at the snow beneath you!

How to Schuss

Schussing is a German term that's now used to describe skiing downhill. It's impossible that you won't find a need to schuss if you're determined to have skiing as your hobby. Thus, it's better to start practicing now than having to learn it in an instant.

The first thing you should do is find an appropriate slope where you can practice schussing. If you're at a skiing resort, any member of the staff or crew will surely point you out to appropriate practice areas for schussing. If you're alone, however, just make sure that the slope you'll be practicing on is relatively low, with gentle curves, and without any physical obstacles in your course.

Assume the basic position for skiing, with your skis pointed downwards. Make sure that you're relaxed and confident before doing

this. Don't attempt to do this alone as much as possible during your first few tries. If you're ready, let yourself go. Always keep your eyes straight ahead of you. Make sure that your skis and feet are moving in harmony as you go downhill.

Remember to keep the same amount of pressure for both feet or you'll easily lose your balance. If there are small impediments in the course, use your hips, knees, and ankles to avoid or go around them. While schussing, try to find a position that's most comfortable for you. The important thing is to stay relaxed!

Maintaining Control of Your Speed

Just like when you learn driving or horseback riding, you'll also have to know how to effectively step on the brakes and make a clean stop. To do so, you'll have to assume the snowplough position once more. This will allow you to control your speed. If you wish to make a full stop, just turn your feet inwards while forming an inverted V.

Although there are certainly many benefits to enjoy when going skiing, keep in mind that this is still a moderately dangerous hobby to pursue for any individual. If you have any past or present medical condition,

be sure to inform your physician first about your intentions before trying out any slopes. Have fun skiing!

The Right Skis

The Right Skis

Having the perfect attitude and the required physical condition aren't enough to make you an expert on skiing. Although those are essential, you'll still need the help of the right skis and equipment before you can survive all types of slopes and courses.

The Different Types of Skis

Firstly, you'll need to use the right type of skis for your intended sport.

Alpine Skis – Only people who have advanced knowledge of skiing or are already competing professionally should use Alpine skis. Because they're extremely precise and speedy, Alpine skis don't allow its owner to make many mistakes. They're also exceptionally suitable for slopes and courses that require you to make lots of turns.

Freeride Skis – Also like Alpine skis, Freeride skis are primarily

intended for those who have mastered beyond the basics of skiing.

Freeride skis are also better suited for tougher slopes or skiing courses where both the skier and his skis are expected to withstand various physical challenges. Freeride skis can also be used for powder skiing.

Telemark Skis – If you're the type of skier who likes to go fast downhill, Telemark skis are just right for you. Telemark skis are also great for tour skiing. Bindings in this type of ski are only attached at the toes.

Cross Country Skis – As the name implies, this type of skis are best used for XC or cross-country skiing. They're extremely slim and light to allow people greater freedom in movement. They resemble Telemark skis in appearance because their bindings are also attached only at the toes. Waxing is regularly required for cross-country skis to allow the skier to enjoy better and smoother movement.

Big Mountain Skis – Think of this simply as the Harley-Davidsons of skiing. Only the toughest and the best of skiers are able to use these skis effectively. These skis have a sturdy build to withstand all tests of nature.

Thank You For Reading

The Skiing For Fun and Fitness Preview

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