

9 Your core helps maintain your structural alignment and protects your spine Biceps, triceps and lats are used when "poli-ing" on the flat or up hill To keep you in the forward position your back is under constant strain

7 Inner thighs keeps your skis together

Quads hold you in position and provide protection for your knees

Calves are under constant strain because of the forward flexion built into ski boots Obliques keep lower body / upper body separation

help you steer and keep your body stable

Outer thighs

Glutes and hamstrings stabilise your body downhill

Skiing Is For Me

Rosemary G. Washington

Skiing Is For Me:

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Whispering the Techniques of Language: An Psychological Quest through Skiing Is For Me

In a digitally-driven earth where monitors reign supreme and instant communication drowns out the subtleties of language, the profound strategies and mental subtleties hidden within words often get unheard. Yet, located within the pages of **Skiing Is For Me** a interesting literary prize pulsating with fresh thoughts, lies a fantastic journey waiting to be undertaken. Published by a skilled wordsmith, this marvelous opus invites readers on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within ab muscles fabric of each and every word. Within the emotional depths of the moving evaluation, we can embark upon a genuine exploration of the book is primary styles, dissect its captivating publishing model, and succumb to the effective resonance it evokes deep within the recesses of readers hearts.

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