

The book cover features a photograph of a skier in a red jacket and black pants, captured in a dynamic pose as they descend a snowy slope. The skier is holding poles and has just kicked up a cloud of snow. The background shows a clear blue sky and a distant mountain peak. The title is printed in large, bold, yellow letters in the upper right corner. Below the title, the author's name is written in a smaller yellow font. At the bottom left, there is a small text block in white. The book is standing upright on a light-colored surface, with a white fabric backdrop behind it.

# The Skier's Year-Round Exercise Guide

Ellen Hebert

Also, Effective  
Techniques for  
Men and Women

# Skiers Year Round Exercise Guide

**SA Dillow**



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