

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 subtitle in white text.

The Skier's Year-Round Exercise Guide

Ellen Hebert

Also, Effective
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Skiers Year Round Exercise Guide

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