

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**

**Annette Jo Chappell** 

## **Skiing Is For Me:**

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