

Ski The Mahre Way



Learn the ski techniques that helped make Phil and Steve Mahre World and Olympic Champions!

This 55-minute video depicts an actual teaching session of the Mahre Training Center, the exclusive program of technical exercises and fundamental skiing drills developed by the Mahres along with Harald Schoenhaar, their former coach and current Alpine Director of the U.S. Ski Team.

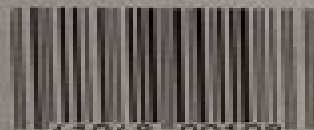
Using step-by-step demonstrations and super-slow-motion, the Mahres teach you their skiing secrets including:

- **Balance Exercises**
 - forward-aft balance
 - lateral balance
 - vertical balance
- **Long Radius Turns**
 - up-down motion
 - weight transfer
- **Short Radius Turns**
- **Gates—Tactics and Strategies**
- **Step Turns**

With practice and careful attention to these techniques, you'll soon be skiing better than you've ever skied before!

How To Use This Program

View the entire program once to get an idea of the techniques and methods. Then start with the first exercises and review each one carefully several times before you try it on the slopes. When practicing, choose a gentle, uncrowded slope, and ski with a professional instructor if possible. After you have successfully mastered one technique, go on to the next one in the progression.



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Beginning Skiers Should Practice These Techniques With The Supervision Of A Professional Instructor.

Color 55 Minutes

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