

# Which muscles do what when we ski?



# Skiing Is For Me

**Roman Wölfel**



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*Skiing* ,1981-09     *Skiing* ,2002-09     **Cross-country Skiing is for Me** Rosemary G. Washington,1982 A first person  
account and guide to this fast growing sport     *Skiing* ,1987-11     **Skiing** ,1972-11     **Ski** ,1998-02     *Skiing* ,1991-12  
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