

The book cover features a photograph of a skier in a red jacket and black pants, captured in a dynamic pose as if carving a turn on a snowy slope. The skier is wearing a helmet and goggles. The background shows a vast, snow-covered mountain landscape under a clear blue sky. The title 'The Skier's Year-Round Exercise Guide' is printed in a large, bold, yellow font in the upper right corner. Below the title, the author's name 'Ellen Henning' is written in a smaller yellow font. At the bottom left, there is a small text block in white that reads 'Also, Effective techniques for Men and Women'.

# The Skier's Year-Round Exercise Guide

Ellen Henning

Also, Effective  
techniques for  
Men and Women

# Skiers Year Round Exercise Guide

**ML Yell**



## **Skiers Year Round Exercise Guide:**

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