

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 holding poles and has a focused expression. 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 Hebert' is written in a smaller yellow font. At the bottom left, a subtitle 'Also, Effective Techniques for Men and Women' is visible in white text.

The Skier's Year-Round Exercise Guide

Ellen Hebert

Also, Effective
Techniques for
Men and Women

Skiers Year Round Exercise Guide

Ying-Ying Zheng



Skiers Year Round Exercise Guide:

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