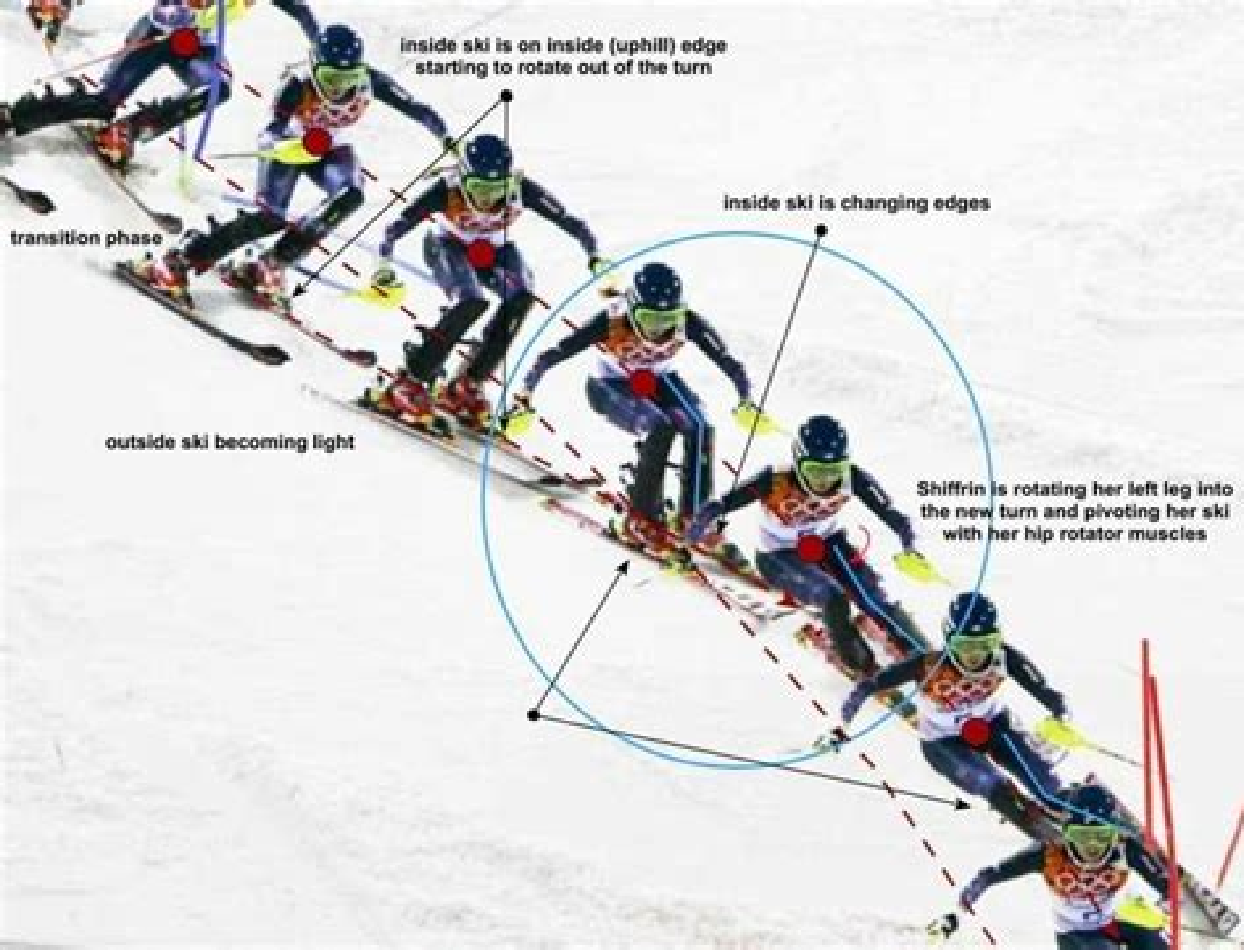




inside ski is on inside (uphill) edge
starting to rotate out of the turn

inside ski is changing edges

transition phase

outside ski becoming light

Shiffrin is rotating her left leg into
the new turn and pivoting her ski
with her hip rotator muscles

Skiing Conditioning Technique

Xiang Xie



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