

The book cover features a photograph of a skier in a red jacket and black pants, captured in a dynamic pose as they descend a snowy slope. The skier is holding poles and has just kicked up a cloud of snow. The background shows a clear blue sky and a distant mountain peak. The title is printed in large, bold, yellow letters in the upper right corner. The author's name is in smaller yellow text below the title. At the bottom left, there is a small text block in white.

# The Skier's Year-Round Exercise Guide

Ellen Hebert

Also, Effective  
Techniques for  
Men and Women

# Skiers Year Round Exercise Guide

**Thea D. Slusky**



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