

9 Your core helps maintain your structural alignment and protects your spine Biceps, triceps and lats are used when "poli-ing" on the flat or up hill To keep you in the forward position your back is under constant strain

Inner thighs keeps your skis together

Quads hold you in position and provide protection for your knees

Calves are under constant strain because of the forward flexion built into ski boots Obliques keep lower body / upper body separation

Outer thighs help you steer and keep your body stable

> Glutes and hamstrings stabilise your body downhill

Skiing Is For Me

M Mark

Skiing Is For Me:

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Reviewing **Skiing Is For Me**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Skiing Is For Me**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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