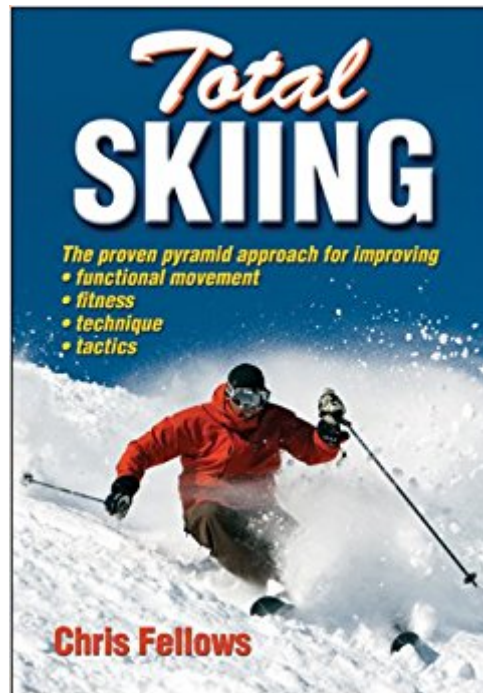




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# Total Skiing



## Synopsis

What type of skier are you? What are your strengths? What are your weaknesses? How can you improve your skills and your downhill experience? Total Skiing was developed specifically to help you answer those questions. Author and renowned ski instructor Chris Fellows shares his proven pyramid program for assessing skills and creating your skiing profile. Step by step, you'll identify exercises to enhance those skills and create a personal training program to improve functional movement, including stability and mobility, ski-specific fitness, essential ski techniques, and tactics for performance on all terrains. Total Skiing also includes sample programs for each skier type that offers guidance from preseason to postseason with dry-land and on-snow drills for foundational, intermediate, and advanced performance solutions. Whether you are looking to polish your skills, conquer the new terrain, or compete on circuit, Total Skiing is your total guide to exhilarating all-mountain skiing!

## Book Information

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## Customer Reviews

"Fellows has done a great job of breaking down skiing into its simplest and purest form. Total Skiing shows you how to ski better, faster, and stronger in all conditions!" Marco Sullivan -- 2008 World Cup winner

"Chris is a master instructor • deliberate, analytical and thorough. In Total Skiing, Chris provides the tools to assess your physical abilities and make you a better athlete, and ultimately a better skier." Jeff Hamilton -- Four-Time World Champion Speed Skier, Olympic Medalist, First to Ski 150 mph

Chris Fellows has been a ski instructor, trainer, and clinician for more than 25 years. An 8-year member of the prestigious Professional Ski Instructors of America (PSIA) national Alpine team, Fellows sat on the board of directors of PSIA-W for 15 years, where he has also served as the vice president of education. In 1994 Chris cofounded and now directs the North American Ski Training Center, a worldwide adventure ski school that offers 28 courses at 18 resorts around the globe yearly. Fellows has worked closely with the Center for Health and Sports Performance and is an advisor for several snow sport industry companies, including Rossignol, Nordica, Fischer, and Patagonia. Off the slopes, Chris contributes to Ski magazine, Tahoe Quarterly, Professional Skier, and Sierra Sun. He also has contributed instructional videos to the Ski Channel and Ski.com. A central Massachusetts native, Chris is a member of the American Mountain Guides association and has guided rock climbing, mountaineering, and backcountry skiing throughout Sierra Nevada, New England, Wyoming, Chile, Nepal, and Canada. He lives in Truckee, California, with his wife, Jenny (a former collegiate ski racer), and their three children.

This book belongs in the library of every serious PSIA ski instructor or any skier who is interested in improving skiing skills. It is loaded with detailed information and presented in a manner that is easy to grasp and understand. A refreshing approach bringing material together in a comprehensive building block approach. Chris builds a skiing performance pyramid that starts with a base of functional movement. He then works through ski fitness, ski technique, and at the peak of the pyramid - ski tactics. Understanding, assessing, and targeting flexibility and strength are discussed as they relate very specifically to ski movements. Learn a grading system, to quantify results. Determine if work is needed to raise your level of cardiovascular, muscular, or power and agility as they relate to ski fitness. Use Chris's system for periodical year round self - assessments. Next, Chris goes on to explain essential techniques; neutral stance, engaged stance, leg turns, parallel turns, and carved turns. This is followed by a section on tactics; reading terrain, applying turn shape, speed management, line choice, steeps, bumps, chutes and gullies, back bowls and trees. Then Chris explains how to categorize your skiing as it relates to the performance pyramid - underpowered, overpowered, under skilled, or combined. A very interesting methodology to target strengths and work on weaknesses. This is followed by a section on equipment needs. Very useful information about getting dialed into a performance boot fit - this information is often overlooked and undervalued in importance. It receives proper emphasis here. He then provides background information on which skis are most suitable for various types of terrain. Next section, complete with pictures is devoted to dry land training, drills and exercises - all specifically targeted for ski

movements - develop and improve your strength and agility. Now it is time to "click in" for on snow technique and tactics drills - all stemming from his work out programs - again complete with pictures. Last sections of book tie chapters together into a year round training package; preseason, in season, post season. If you only have a couple of Alpine ski books on your book shelf - this should be one of them.

Chris does a very thorough analysis from the foundation up to achieve higher levels of skiing and injury prevention via dry land and on snow conditioning. The book is simple to read and offers aerobic and weight training drills to build that good foundation - the exercises alone have gotten me into shape better than I have been in 6 yrs going into pre season. I would highly recommend this book for the serious skier looking to improve their on snow performance and injury prevention by having a solid core and aerobic capacity to meet the demands of skiing.

Great book with a lot of principals.

Technically the book is probably the most thorough training program you could possibly imagine. Unfortunately it seems to me to be aimed at the top 5 or 10% of the skiers out there. For an advanced all mountain recreational skier it is way too deep. I tried to pick through it for pointers but other than "work your butt off" I didn't get much.

This is an excellent book with lots of very useful ideas and exercises. I use it in combination with the DVD from Sofa Ski School as well as the amazing Sweetspot Trainer and the Revolution Fit Balance Board. I must say the results are very satisfying and I have got back into downhill skiing after 35 years and am enjoying it immensely!

Chris needs to re-write this book. This is a very valuable book to anyone interested in ski fitness and instruction. The problem is the way the book is divided by skiers, i.e. "over-powered and under-skilled". I could be wrong, but I think if this book was re-written in a bit simpler fashion, he would have a real hit amongst the skiing public.

Most ski instruction emphasizes technique and equipment, with a nod to the importance of conditioning. This is the first book I've seen that explains for the recreational skier, in detail, how our on-hill performance tends to be limited by readily identifiable (and correctable) functional movement

issues. Many ski-conditioning programs tend to be generic, without consideration for the differing needs of each skier. Total Skiing provides a group of simple dry-land diagnostic exercises to help skiers determine their functional weaknesses causing sub-optimal performance on the hill. Depending on the results of the diagnostic tests, the book prescribes exercise programs specific to improving the identified weak areas. The book also includes numerous excellent photos demonstrating on-snow technique as well as the dry-land exercises. My review is not completely unbiased. I have been taking the on-snow clinics offered by Chris Fellows and North America Ski Training Center for several years. This book explains the conditioning principles at a level of detail that is not possible within the format of a multi-day ski clinic. This summer, I have been using the results of some of the diagnostics explained in Total Skiing to develop a conditioning program focused on achieving better results on the hill next winter (with less time/energy spent on non-productive exercises). I recommend the book for anyone interested in understanding better the direct linkage between conditioning and skiing performance, as well as how to put-together an exercise program tailored to improving their skiing.

This book has great photos and lots of good suggestions. But it's organized strangely. As another reviewer said, it needs to be re-organized and re-written.

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