

(Free and download) Ultimate Skiing

Ultimate Skiing

Von Ron LeMaster

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Von Ron LeMaster : Ultimate Skiing before purchasing it in order to gage whether or not it would be worth my time, and all praised Ultimate Skiing:

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. In depth and masterly illustrated.Von Konrad FischerYou can tell that this book's author is biomechanically inclined: Starting with the basics of ski and rider physics he covers the correct stand, posture and alignment on the skis. The book puts the emphasis on skiing with the edges, following the great revolution of the sport in the 90's. Later chapters detail the dynamic of turns (the "virtual bump"), line choice, looking ahead and planing the ride and much more specialized topics: Skiing moguls, icy parts, deep snow etc.Even though I'm just beginning this great sport, I felt I could get a lot out of a first read and will certainly come back to this book for more insight.0 von 0 Kunden fanden die folgende Rezension hilfreich. One of the best books about skiingVon HaidjiThis It is an excellent book for recreational skiers, ski instructors, very good skiers or advanced skiers.It is an excellent book for all skiers :)I really like it.This book

helped me to become a better skier.

Break through to the next level of ski performance! Renowned instructor, coach, and ski technique expert Ron LeMaster takes you beyond *The Skier's Edge* by improving, expanding, and enhancing that seminal work. The result, *Ultimate Skiing*, will help you master the mechanics of great skiing as never before--explaining how it's done, showing how it looks, and describing how it feels. LeMaster has made *Ultimate Skiing* a comprehensive manual on ski technique. Learn how skis interact with the snow and how best to manipulate your skis, boots, and poles on the steepest slopes, in monster mogul fields, and through the deepest powder. Technique tips and kinesthetic cues help translate the sensation of each movement. Throughout, LeMaster incorporates his one-of-a-kind, full-color photo montages and 3-D diagrams to take you onto the slopes and into the action. These phenomenal images capture some of the world's greatest skiers while illustrating the correct techniques for every condition and terrain. To get the most out of your skiing potential, you need the ultimate in ski instruction. You need *Ultimate Skiing*.

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ber den Autor und weitere Mitwirkende Ron LeMaster has spent more than 30 years as a ski instructor and race coach. Certified and accredited by the Professional Ski Instructors of America, LeMaster is a technical advisor to the U.S. ski team and Vail Ski School, and he lectures frequently about technique and biomechanics to ski schools and teams around North America, South America, and Europe. A regular contributor to skiing magazines, LeMaster also has written technical guides for the Professional Ski Instructors of America. He holds degrees in mechanical engineering and computer science. LeMaster lives in Boulder, Colorado, where he enjoys skiing and cycling.