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1-Foot Balance = Single Leg Stability

Anatomy of Ski: Tip - glide / Kick Zone - grip / Tail - glide
(Wax, Texture, or Hair)

Skier position: Basic Athletic Stance

<https://fasterskier.com/2023/10/in-good-standing-fundamental-elements-of-ski-stance/>

Dorsiflexion in ankle, Fluid Compression and Extension in knees and Hips, Spine = Fluid, Straight, and Long

ALL MOVEMENTS LEAD WITH HIPS

Nose - Knees - Toes (Lead with Hips)

Center of Gravity (COG)

Fasterskier.com Building a Better Skier Part 3

[Building a Better Skier Part 3: Single Limb Stability](#)

Fasterskier.com Building a Better Skier Part 2

[Building a Better Skier Part 2: The Spine, When to Move it, and When to Keep it Still](#)

Peter Attia: How and Why to Perform a Step Up Exercise

[How and why to perform a step up exercise | Peter Attia](#)

Basic Dryland Exercises to Increase Strength and Balance for XC Skiing

[Basic Dryland Exercises to Increase Your Balance and Stability for Cross-Country Skiing](#)

Step Ups

Lunges - short and long

Squats - 1-foot & deep (Asian)

Elastic straps

Balance balls & boards

Lateral Hops

Foot Agility - Skipping, Ski Walk & Ski Run, Grapevine



Core strength

“YOGA”

rollerski - run w poles - paddle - swim - inline skate - hike w ski poles

▶ Diagonal Stride Technique Drill

▶ Leg Swing Drill for Classic Ski Skills

▶ Classic Technique Analysis Of  Iivo Niskanen &  Bolshunov Alexander

▶ Why training for performance in old age is so important | Peter Attia & Stuart McGill