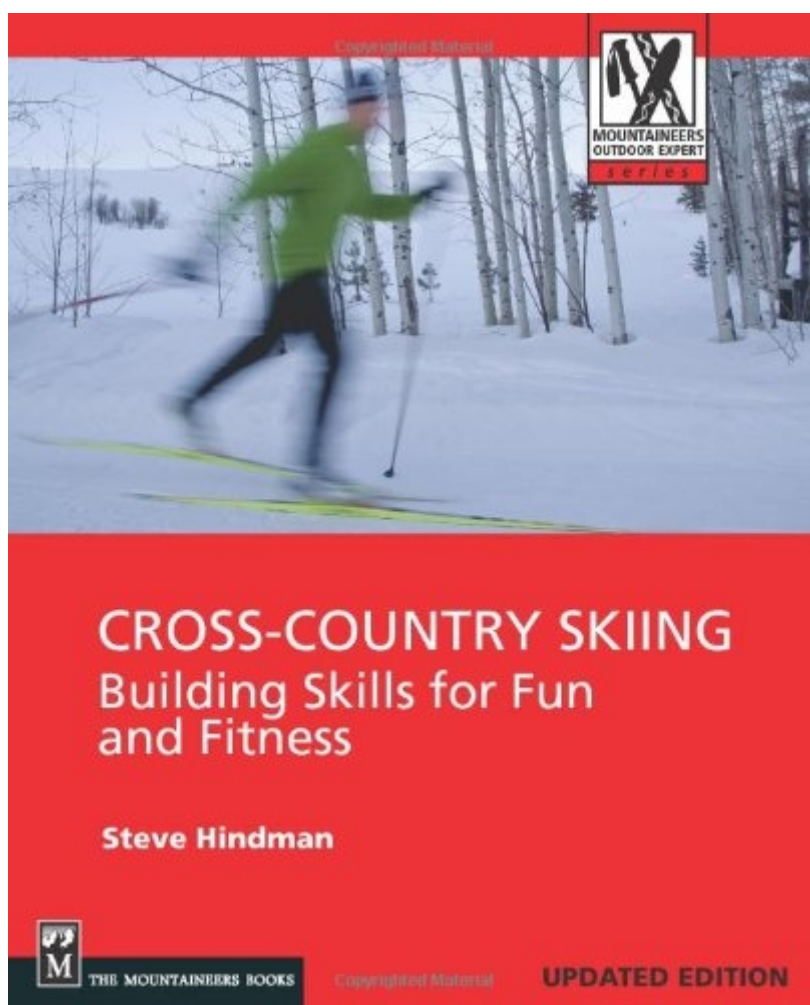


The book was found

Cross-Country Skiing: Building Skills For Fun And Fitness (Mountaineers Outdoor Expert)



Synopsis

Instruction by a member of the national Nordic Demonstration Team, for the novice to intermediate cross-country

Book Information

File Size: 4972 KB

Print Length: 260 pages

Publisher: Mountaineers Books (October 1, 2005)

Publication Date: October 30, 2005

Sold by: Digital Services LLC

Language: English

ASIN: B001GMAV2I

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #833,401 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #39

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Winter Sports > Skiing #41 in Books > Sports & Outdoors > Outdoor Recreation > Skiing > Cross-Country #1183 in Books > Sports & Outdoors > Winter Sports

Customer Reviews

I got this book to prepare for a job at a nordic center as an instructor, rentals assistant, etc. As it turned out, it was the same book my workplace already had and recommended I read. Lots of well presented advice and pictures on classic and nordic form as well as teaching tips. There's also a great introduction to ski types, mechanics, and waxing.

This winter will be my first cross-country adventure. Very different from alpine skiing so I was looking for a good overview. This book covers the entire subject. Introduces, but is not intended to teach details of waxing and detailed techniques. Outstanding introduction. Also convinced me to start with lessons even if an experienced downhill skier.

A solid review resource but sometimes uses phrases and descriptions that are not that obvious for

the learning skier I think. Still a useful resource for folks trying to gain cross country skills!

The best and most complete book I have read on cross country skiing using light and medium equipment.

Just getting into this sport. A good beginner's guide with more advice when I improve.

I haven't been on CC Skis for 40 years, so it was fair to say I needed to brush up a bit. This was a well laid out book and covered all the basics I was looking for. I would recommend it.

One of the reasons I bought this book. Is to improve my fitness and make it more enjoyable. It has done that and more

This is an excellent, shall we say "classic" book on XC skiing. I would recommend it to anyone, either as a learning tool, a motivator, or just a classic text for your library. The photos are great and you can tell that the text is written by someone who not only knows his stuff but has a passion for it. The only minor quibble is the section on telemark turning. If your interested in telemark, your probably better off buying one of the two books recommended that concentrate on telemark technique.

[Download to continue reading...](#)

Cross-Country Skiing: Building Skills for Fun and Fitness (Mountaineers Outdoor Expert) Cross Stitch: Learn Cross Stitch FAST! - Learn the Basics of Cross Stitch In No Time (Cross Stitch, Cross Stitch Course, Cross Stitch Development, Cross Stitch Books, Cross Stitch for Beginners) Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Backcountry Skiing: Skills for Ski Touring and Ski Mountaineering (Mountaineers Outdoor Expert Series) Fitness Cross-Country Skiing (Fitness Spectrum) Cross Stitch: Learn How to Cross Stitch Simple and Easy Pictures, Patterns, and Shapes - CROSS STITCH (Cross-Stitch, Needlework, Needlepoint, Embroidary, ... Hobbies and Home, Cross-Stitching, Crochet) Sunset Outdoor Design & Build: Barbecues & Outdoor Kitchens: Fresh Ideas for Outdoor Living (Sunset Outdoor Design & Build Guides) Climbing: Training for Peak Performance (Mountaineers Outdoor Expert) Cross-Country Skiing: Building Skills Rock Climbing: Mastering Basic Skills (Mountaineers Outdoor Experts) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise

(Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Wilderness Navigation: Finding Your Way Using Map, Compass, Altimeter & GPS (Mountaineers Outdoor Basics) Backcountry Bear Basics: The Definitive Guide to Avoiding Unpleasant Encounters (Mountaineers Outdoor Basics) Sunset Outdoor Design & Build Guide: Garden Pools, Fountains & Waterfalls: Fresh Ideas for Outdoor Living (Sunset Outdoor Design & Build Guides) Stride and Glide: A manual of cross-country skiing and Nordic walking Cross-Country Skiing and Snowshoeing, Aspen and the Roaring Fork Valley Shawangunks Trail Companion: A Complete Guide to Hiking, Mountain Biking, Cross-Country Skiing, and More Only 90 Miles from New York City Cross-Country Downhill and Other Nordic Mountain Skiing Techniques

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)