

# Ski Conditioning

## In Motion LLC

Fall is here and Ski Season is right around the corner. **In Motion** will once again be offering Ski Conditioning performance training. One-on-One training, small group classes and group workshops are available.

### Preparing for the ski season

It's that time of the year again. Another ski season is right around the corner. Are you at your best when it comes to the six performance components that skiing requires for successful participation. The components that make up a great skier consist of balance, reaction, agility, speed, power and endurance. *Are YOU ready?*

### Metabolic Conditioning

Proper physical conditioning for skiing cannot be achieved overnight. Skiing, particularly at the recreational level, involves more balance, stability and endurance than speed and power. Since one of the worst things that can happen is to run out of gas during a run, **In Motion** has put together a Ski Conditioning Program that focuses on metabolic conditioning.

### Personal Training

One on one and group training sessions are available. Our Ski Conditioning Program can be individually tailored to meet the needs of skiers at any level. Our comprehensive program, is also designed to focus on the areas you personally need more attention to. For more information contact Jim Springer of In Motion at 267-968-7318.