



Prepare Your Best For Ski Season!

Train Smarter. Get Stronger. Ski Longer.



The demands of skiing are different. Instead of accelerating your body with your muscles, gravity gets you going and your muscles work to decelerate! Because of this you need to train differently to properly prepare for skiing.

We have combined our experience of nearly 20 years in fitness and our love for skiing to create a ski-specific workout program to help keep you skiing longer and stay injury-free! The program combines elements of stretching, strength, footwork, core stability, and conditioning specifically designed to prepare you for skiing with no exercise equipment required.

This program includes:

- Specific workout instruction 7 days/week including rest & stretching.
- 24/7 Access to fitness coaches for instruction & accountability.
- Every exercise comes with video instruction.
- The program can be done at home with no equipment or at a gym.
- Easily accessible anytime and anywhere.

Receive 25% OFF (only \$30) with Discount Code SKI2025 at checkout until November 30, 2025! [Click Here to Start](#)