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How To Snowboard: Getting In Shape For The Season



Synopsis

New to snowboarding? Want to amp up your skills? How to Snowboard gives you step-by-step guidance to challenge yourself and have fun on the slopes. In this volume: How to get in shape for the upcoming snowboard season.

Book Information

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Customer Reviews

There is no worse feeling than not being able to finish a run with friends due to your thighs feeling like they are on fire and by following the fitness routines in this book you can avoid that and more importantly avoid injuries. The eBook also covers proper stretching and how to deal with altitude sickness. Lucky is a seasoned snowboard instructor and really knows his stuff, I highly recommend this eBook to anyone hitting the slopes weather your a first time newbie or a seasoned expert.

Solid advice, but I feel no more better off for purchasing this booklet at opposed to reading a webpage with similar information.

Not really any super surprising or revolutionary workout info...only a few pages long. But it wasn't like it was very expensive, so this is more of a case of you get what you pay for.

A very practical guide to getting into shape. The author tailors it towards snowboarding but it honestly seems like a good general program as well. The book covers specific exercises and timetables. I was especially impressed with the section on stretching and plyometrics and the chapter on altitude sickness was also very helpful.

I'm always a little skeptical of something that costs a buck. I figure you get what you pay for. But when I came across this book, I thought I'd give it a shot. As a personal trainer, I'm always looking for new and innovative ways to get my clients into shape. Mr. Voda's book provides some really great creative exercises designed specifically for snowboarders. This is an author who writes from what he knows of. He's not someone sitting at home watching other people snowboard. His book is highly experiential. I definitely recommend.

Before you go out snowboarding (or skiing/snowshoeing/cross-country skiing), get this e-book to help you prepare your body to avoid injuries, make the best of high-altitudes, and get the most out of your adventure. "Lucky" has provided sound advice that will prevent the most common mistakes, injuries and pains that may occur during any strenuous winter sport. While your friends are struggling to keep up, you'll be able to have an enjoyable experience while keeping your body fit for winter sports. As a snowboard instructor, this author helps all age groups and experience levels get the most out of the sport.

What a quick read to help you get in shape for the snowboarding season! Everything is laid out so clearly and simply...perfect for the novice or seasoned (pun intended) snowboarder. I had the good fortune of skiing with Lucky, and I know from personal experience that he knows his stuff!

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