

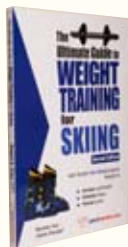
STAY THE COURSE By this point in the ski season, you probably feel pretty strong; you're making crisp, solid turns top to bottom, and the quad burn you suffered a few months ago is now just a memory. But off-season is in sight, and unless you want to endure early season pain again next winter, you'd be wise to keep yourself in shape this spring and summer. Need a little motivation? Check out these fitness books. **By Liz Yokubison**



FASTER, BETTER, STRONGER: 10 PROVEN SECRETS TO A HEALTHIER BODY IN 12 WEEKS
By Eric Heiden, M.D. and Massimo Testa, M.D.



FITSKIING
By Andrew Hooge, CSCS



THE ULTIMATE GUIDE TO WEIGHT TRAINING FOR SKIING
By Robert Price, CPFT



THE ATHLETES GUIDE TO YOGA
By Sage Rountree

<p>Summary</p>	<p>In a two-part approach, the authors examine the scientific, motivation, nutrition and conditioning principles that make elite athletes successful and then show recreational athletes how to apply those principles to their own fitness programs.</p>	<p>Seven quick and easy-to-read chapters help readers define their ski fitness goals, understand how to eat for optimal performance and develop a workout approach to progressively build strength and endurance.</p>	<p>Weight training builds stamina, explosive power and speed, so you can rip up the groomers and the back bowls. The book outlines a 16-week ski-specific routine that uses weights to build strength, power, muscular endurance and flexibility.</p>	<p>Written by a woman who hated yoga the first time she tried it, this book is geared toward endurance athletes. It presents programs as short as 10 minutes a day that can improve flexibility, balance and strength.</p>
<p>Why it's effective</p>	<p>Based on their results from several self-conducted fitness assessments, readers develop 12-week customized fitness program to boost energy, reduce injury risk and improve range-of-motion.</p>	<p>It presents more than 70 ski-specific exercises (with photographs and illustrations), including plyometric drills to develop quick, powerful movements that train fast-twitch muscle memory.</p>	<p>The book doesn't stop at the obvious: lower-body and core strength. It dedicates significant attention to upper-body work, necessary for stability and proper form.</p>	<p>It focuses less on the spiritual aspects of yoga and more on breath work and the benefits of specific poses. More than 100 color photographs demonstrate correct alignment.</p>
<p>Extras</p>	<p>Chapter on nutrition offers tips, including pre- and post-workout fueling strategies</p>	<p>A website with exercise videos, expert blog and My Ski Coach—a fee-based support program</p>	<p>eTraining: a fee-based program with customized exercises, nutrition assessments and advice</p>	<p>A 15-minute yoga DVD featuring warm-up and après-ski stretches</p>
<p>Info</p>	<p>\$25.95; fasterbetterstronger.com</p>	<p>\$29.95; fitskiing.com</p>	<p>\$17; sportsworkout.com</p>	<p>\$21.95; velopress.com</p>