



## LEARN TO NORDIC SKI



**LEARN TO NORDIC SKI DVD**, 2 Hours, English, NTSC, 2006

UPC 689076529532

Instructional

Beginner - Intermediate

### **TITLE DESCRIPTION**

The "Learn to Nordic Ski" DVD, by xczone.tv, uses a personal approach to provide an entry for beginners into the sport. The disk includes the highly successful "Fundamentals of Cross-Country Skiing", and the "Ski Your Best" program by the Canadian Association of Nordic Skiing Instructors for to bring you from rank beginner, to an intermediate

level.

## **PRODUCERS**

Nordic skiing technique is brought to you by xczone.tv the leaders in Clean Oxygen Fed Sport Cinematography. They are the most trusted source for instructional and motivational multimedia and the most evolved and innovative products in the market space, giving the highest level of certification in the industry. their motivational products create a new kind of action which has defined the natural fitness popular culture with talent bordering on the paranormal.

## **AUTHORS**

David MCMAHON and Lise MELOCHE

The producers behind this DVD are real skiers. Between them, they have raced 2 Olympic Games and 200 World Cups; winning 7 medals, including one Gold. Each of them holds past National Champion titles. Lise is a sports physiologist and educator and David is a practicing biomechanical engineer. Together, they have mentored thousands of people to ski to their potential - including Olympics dreams.

## **EDITORIAL**

Cross-Country Skiing is renown for overall fitness and conditioning. Anyone can gain stamina and skill with proper direction.

When I began skiing, I was preoccupied with either staying on my feet, catching my breath or struggling to make headway in a less-than-graceful manner. How can something that can look so graceful, be so complicated? I found that it is not, once I let someone show me the correct way on video and in a lesson.

But, it is nearly impossible to pick up nordic skiing simply by watching other people shuffle around a golf course or following the Olympic footage, as inspiring as it is, represents too giant a leap to begin. What a novice skier needs is an easy instructional program that they can replay as often required.

This DVD starts with is a very unassuming lesson plan, with clear and simple demonstrations by expert skiers but drilled down to a beginner, before gently progressing towards an intermediate level skiing ability. Follow along at your own pace and play as often as required. The sophistication in this program is transparent to the user; they need only follow along, to gain the benefits. There are a few fundamental things that you have to do, to learn to nordic ski well: take instruction; practice; study; and mentor with better skiers. This DVD will help in all aspects, and a fraction of the cost of traditional means.

The Learn to Nordic Ski DVD by xczone.tv, is in fact, three titles in one box. Start with beginner classic and skating lessons with World Cup skiers, then move on to the Canadian Association of Nordic Ski Instructors, "Ski Your Best" program, before polishing off with the "Fundamentals of Cross-Country Technique" as demonstrated by Lise Meloche, Two-Time Olympian and World Cup Gold Medalist. The DVD-ROM contents a variety of special features including a complete ski

manual. This disk is guarantee to help you make great strides: substantially better ease of movement, enhanced grace, control and empower you with simple solutions for any terrain.

#### THE SIMPLE DIFFERENCE IS:

Other ski videos are amateur productions assembled by skiing enthusiasts who mean well but are marginally better than those they hope to instruct. Much of what is taught is unfortunately wrong, or poorly demonstrated or hopelessly outdated.

With xczone.tv, you have elite, World Cup and Olympic skiers demonstrating the latest technique. You can't go wrong.

Not only do we know the complete path to good skiing, have taught thousands of people to ski, but we remember what it was like to be a beginner.

The title brings together decades of experience, elite skiers, excellent instructors, with a professional film studio, and squeezes it into high-quality production onto a single disk.