

2008-2009

XCZONE.TV

Trail Running & Nordic Skiing

applied strength, cardiovascular conditioning and power-endurance...



NORDIC SKIING DVD_s CAPTURE...

Natural Fitness, in its purist form, is rooted in “clean oxygen fed sport.” It employs a wide-spectrum of skills and range-of-motion, while integrating core strength through physical literacy

XCZONE.TV are leaders in Clean Oxygen Fed Sport Cinematography and the most trusted source for instructional and motivational multimedia. Check out the most evolved and innovative products in the market space, and a new kind of action; defining the natural fitness popular culture with talent bordering on the paranormal. Over one-million people will see xczone.tv production every year in theatres, TV HD Broadcast or on home DVD.

xczone is all about promoting Clean Oxygen Fed Sports and Natural Fitness through instructional and motivational (lifestyle) DVDs, for all

levels. The series integrates core fitness with the fresh air experience and a sustainable healthy lifestyle. The program offers a gentle introduction into sports like: nordic ski walking, core-body strength, yoga, pilates, flexibility, paddling, jogging, biking, skiing, snowshoeing, and martial arts.

For the enthusiastic skier...The Nordic Skiing Project is the most comprehensive reference ever produced for nordic skiing and engages the entire snow-sports industry It is delivered in a progressive series of DVD's for the beginner to expert; capturing the science, art-culture and history of nordic skiing. It

is the essential owner's manual for every nordic skier, and an enduring product in a box; for the price of a ski lesson.

The Science of Nordic Skiing DVD series provides an in-depth examination of the sports science. It is tailored to engage the skier the more richly, with clever and concise delivery of: technique, training, equipment and advanced moves; in four volumes. These series are intended for intermediate, advanced and expert level skiers, coaches, instructors and for the certification of nordic ski professionals.



Learn to Nordic Ski DVD

Instructional (Classic, Skate, Downhill)

Beginner to Intermediate, 3hrs

This programme uses a personal approach to provide an entry for beginners. It includes the highly successful Cross-Country Skiing Technique Fundamentals, and Tao of Skiing, and the Ski Your Best manual by the Canadian Association of Nordic Skiing Instructors for novice to intermediate level skiers. Read the official CANSI review.

"An enduring product. Nordic ski lessons in a box, for the price of a ski lesson"



unlimited nordic skiing 2-Disk DVD-ROM

Lifestyle and Instructional
Novice to Advanced, 3h20m
Hooked on outdoor sports? Then check out the Unlimited Nordic Skiing DVD and further develop natural fitness through a variety of oxygen fed sports; spun around nordic skiing. Explore Magazine says that the film captures "skiing's true soul." It was chosen for the Best of the Banff Mountain Film Festival World Tour and the technical content is endorsed by the National Sports Governing Body and has been adopted for coaching certification.

"Cross-Country Canada enthusiastically endorses XCZONE.TV as a key resource for beginning and experienced skiers or coaches looking for clear, correct and easily-understood guidance for improving their skiing technique. As the National Ski Team coaches collaborated on the technical narrative, we can confirm that the theory and practice as depicted in "Unlimited Nordic Skiing" are carefully aligned with current and evolving doctrine."



nordic ski technique DVD-ROM

Instructional (Skate, Classic, Telemark)
Intermediate to Advanced, 4h30m

The technique volume in the Science of Nordic Skiing series represents a clear view to the most current understanding of technique and instruction. The project has engaged key principals, elite skiers, recognized experts and thought-leaders in the sport; consolidated their ideas and arrived at a progressive and highly-effective approach to the technique, which you can apply directly to your skiing and fast-track your development this season. This is the newest and most comprehensive nordic ski instructional product on the market today! Enthusiastically endorsed by Cross-Country Canada. The product incorporates both the Coaching and Instructor certification body of knowledge for the Country. The enhanced DVD is highly interactive toolkit; using menus, multiple viewing angles, and alternate audio tracks. The DVD-ROM features also include: technical manuals, multimedia explanations, critical and alternative analysis, bio-mechanical modeling, narrative scripts, MP3 audio books, a photo gallery, and bonus movies. Produced as part of the Nordic Ski Project. This DVD is part of the core Common Body of Knowledge for the Professional Nordic Skiing Certification.





**nordic skiing training
secrets for high-performance sport
DVD-ROM**

Instructional

Intermediate to Elite, 9 hour course on two disks

What if you knew the same secrets as the most successful Olympic athletes and their coaches? What could you do with their Gold-medal winning programs in your hands, and had the secrets decoded?

"..from an introduction to structured fitness training to a post-graduate course in sports physiology, psychology and pedagogy."

The nordic ski training secrets for high-performance sport volume reveals the most successful methods of World Class athletes, and is guaranteed to streamline your efforts, build sports-specific fitness and deliver tangible results. Produced as part of the Nordic Ski Project , harmonized with the National Coaching Certification Program (NCCP levels 1-5) and the Long Term Athlete Development (LTAD) program. This title is now available!



new nordic ski walking DVD

Instructional

Beginner to Intermediate, 1h30m

Starting with the trademark Natural Fitness Series, xczone integrates core fitness with the fresh air experience and a sustainable healthy lifestyle.

Nordic ski walking is a great place to start. The DVD opens with an introductory lesson for beginners and progresses to more advanced nordic-SKI-walking and striding training for skiers. Xczone has been teaching nordic ski-walking for decades; demonstrating correct form and application of nordic ski walking in CDROM/DVDs since 1999. Nordic ski walking has formed the core of serious dry-land training for us since 1976, leading towards two Olympics in Biathlon. Xczone.tv has an unmatched pedigree in mentoring beginner and experts alike - results speak for themselves. The curriculum has been certified by the national sports governing body for coaching certification.



Art of Nordic Skiing DVD-R

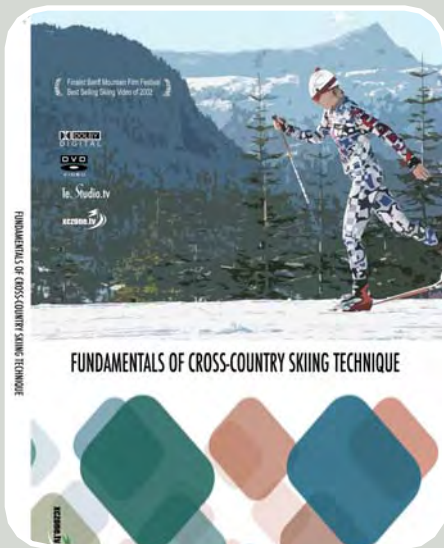
Lifestyle

Beginner to Advanced

This disk contains a compilation of highly stylized short-films defining the pop-culture for the sport. The program appeals to the aficionados amongst us, captures the soul of natural fitness and are absolutely ideal for motivating any group of skiers. Discover the creative process behind xczone.tv and clean oxygen fed sport where athleticism is fused with artistry and bedazzling cinematography. Available now in burn-to-order DVD-R format.

"It is a breathtaking, fast-paced, funny, frequently candid and exhilarating ride on snow."





THE Original Cross Country Skiing Technique Fundamentals TM DVD

Instructional
 Beginner to Intermediate, 1hrs
 This title is also available in the new Learn to Nordic Skiing DVD.
 The fundamentals of both classic and skating cross-country skiing are concisely packaged and delivered in 60min by World Cup athletes and coaches. Additional, generous ski tips are contributed by USSA/Cdn National and Factory Teams, pro-elite skiers, top coaches and instructors. It is a professional video production presenting crystal clear images, multiple angles, slow motion, 3D computer modeling, expert commentary and analysis. Hot links to Tao of Skiing reference on the DVD-ROM version. The format is based upon successful formula for master's camps that target the cross-country skiing aficionado. The DVD-ROM is packaged with Tao of Skiing.



Skiing fitness DVD

Instructional
 Beginner to Intermediate Alpine and Nordic Skiers, 2h15m
 Highly experienced World-Cup athletes demonstrate the simple fundamental exercises that are guaranteed to improve your cardiovascular and muscular fitness, sharpen technique, drastically improve your performance and prevent injuries, in advance of the ski season. Give yourself the edge! Tune your body as well as your skis.
 Includes extra features: Core Strength for Skiers and Yoga for Skiers lessons
 The ski fitness prescription applies genuine ski-specific exercises and natural fitness qualities to enhance athletic performance. Ski Fitness is all about proper conditioning for skiing on snow using specialized dry-land exercises. Once snow arrives, skiing itself offers a superior total body fitness experience. Not only will natural ski fitness training fast-track performance, but it will accelerate the transition on to real snow and prevent injuries in the long term. This can start with a few simple exercises and progressions. For the skiing aficionado, we prescribe a regular dry-land training routine. Specific strength conditioning exercises use: calisthenics, plyometrics, and natural resistance to sculpt a skier's body.



Cross Country Ski Club DVD

Lifestyle and World Cup Footage
 Beginner to Advanced, 1h30m
 This is what every XC ski club is looking for. Something very cool, fun, entertaining and educational. The disk includes: the xczone.tv action reel, kids snow park, spectacular crash sequence, and exclusive World Cup race footage. This DVD is perfect to spice up club banquets, shows, or for motivating kids and adults alike. Coaches will love the World Cup Footage mix.

