

Fall Conditioning 2017

N.U. Nordic Ski Team

Low Impact, Full Body Workout on our new Nordic Track Machines!



More info at
<http://www.nu-nordic.org>
Photos and Videos at
NU-Nordic-Ski on Facebook
Contact Coach
derek@nu-nordic.org
(530) 270-9253 cell

When
Tuesday & Thursday
7:30 - 8:15 am

Where
Room B-3

Who
Any N.U. Student who is cleared for Sport
(Athletes in Fall Sports should check with their coaches)

Nordic Track training provides both upper and lower body workout. Leg and arm resistance is individually adjustable to provide the training desired. As well as strength and aerobic exercise the machines teach Classic Skiing Technique by requiring full weight shift before the skis grip the drive rollers. When the upper body is added the full diagonal stride technique can be practiced.

No previous experience is required as the sessions will progress slowly to the more difficult levels. During the workout Nordic Ski Race videos will be shown so that you can learn from the world's best.

At present we have ten machines and priority will be given to athletes who intend to race for the N.U. Nordic Team this winter. However other athletes are welcome if we have spare machines. Contact coach before your first session if you are interested.