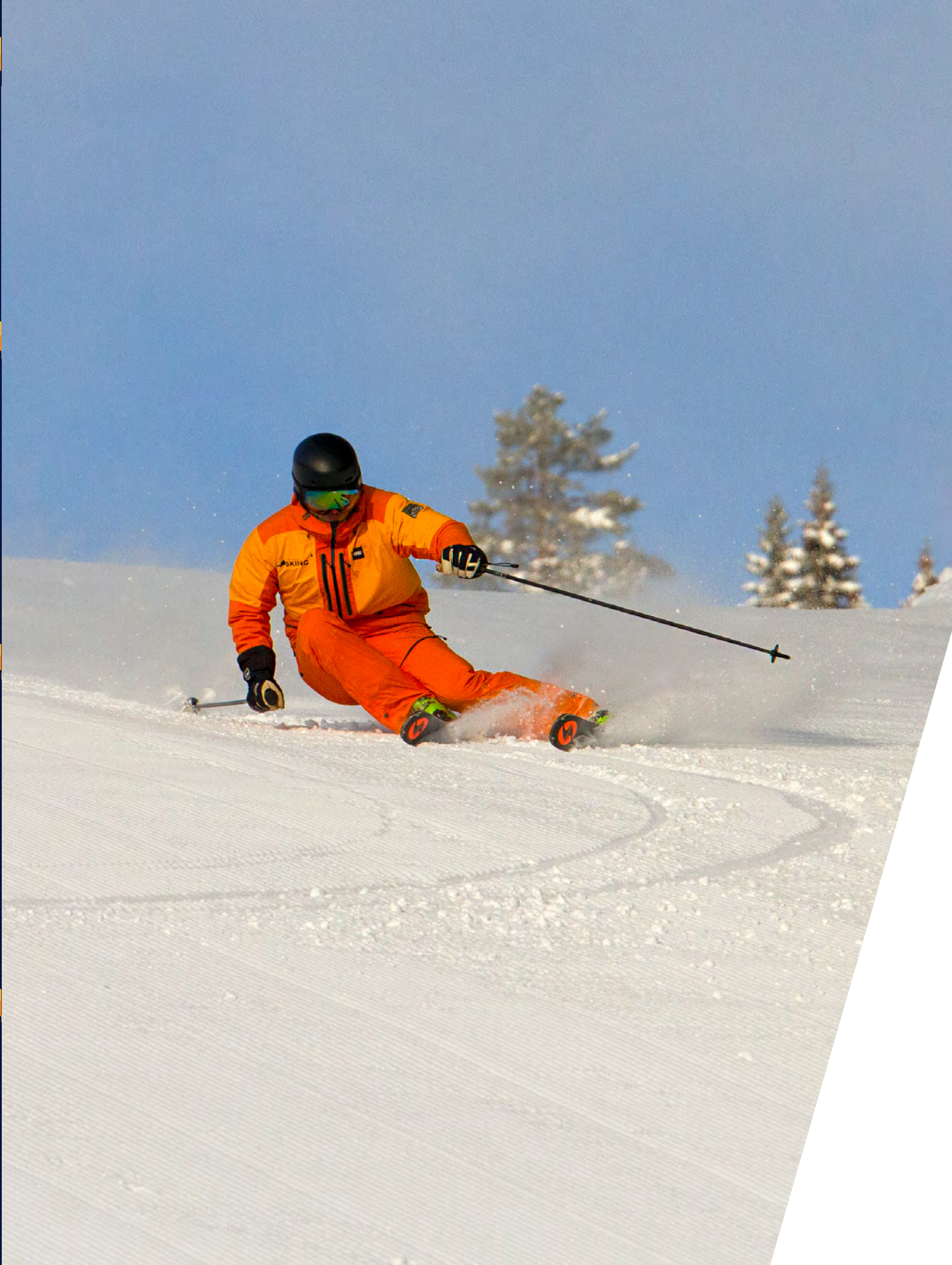


Expert

Advanced

Intermediate

Beginner



# Learn to with Balance **turn**



# Welcome

In this mini guide, you will get some of my favourite tips and exercises for improving your balance on skis.

The guide starts out with some general tips about your athletic stance, which is the foundation for good balance and the ability to move freely on all levels of skiing.

Then you will get some tips on outside ski balance, which will improve your control and power.

Lastly you will get some tips and exercises for each level, so there will be something for you, no matter your current level. Enjoy!



# CHAPTER 1

Athletic stance p. 1



# CHAPTER 2

Balance on your  
outside ski p. 6



# TABLE OF CONTENT

# CHAPTER 3

Balance exercises p. 10



Click on the  
chapters to jump to them.

# A good athletic stance

Your foundation for great balance



## **A good athletic stance**

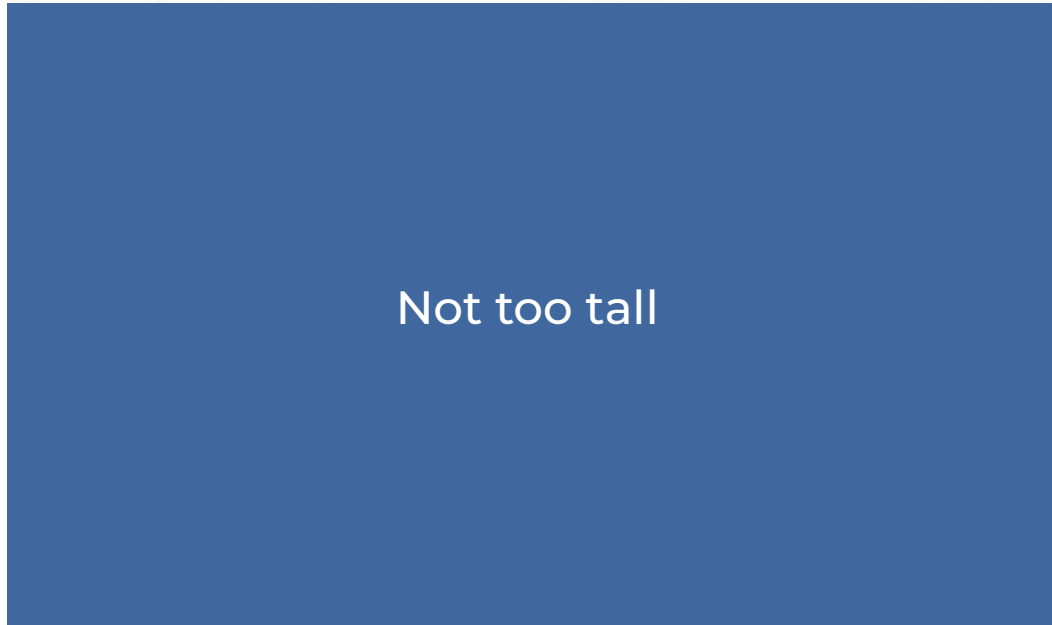
The athletic stance is a balanced middle position, where you are able to move freely. Your joints should be slightly bend, so you can move in either direction.

From this middle position, you can make effective turning movements and adjust to changes in the snow and terrain.

Step 6



Not too far forward



Not too tall



Not too far back



Not too low



## How to achieve a good athletic stance

- 1** Look ahead.
- 2** Arms in front of your body.
- 3** Lower legs and torso should be parallel.
- 4** Contact between shin and the front of the boot.
- 5** Feel the pressure throughout the whole foot.

Awesome! You are well on your way to better balance.



## Watch a video about balance

Watch my video How to Maintain Balance on Skis with exercises to improve your position on skis.

FYI: In the video I use the term "The Basic Position", when talking about "The Athletic Stance".

Basic position and Athletic stance refer to the same balanced ready-position. Athletic stance emphasizes that the ability to move is the aim of the position.





# Balance on your outside ski

Your key to great control and power



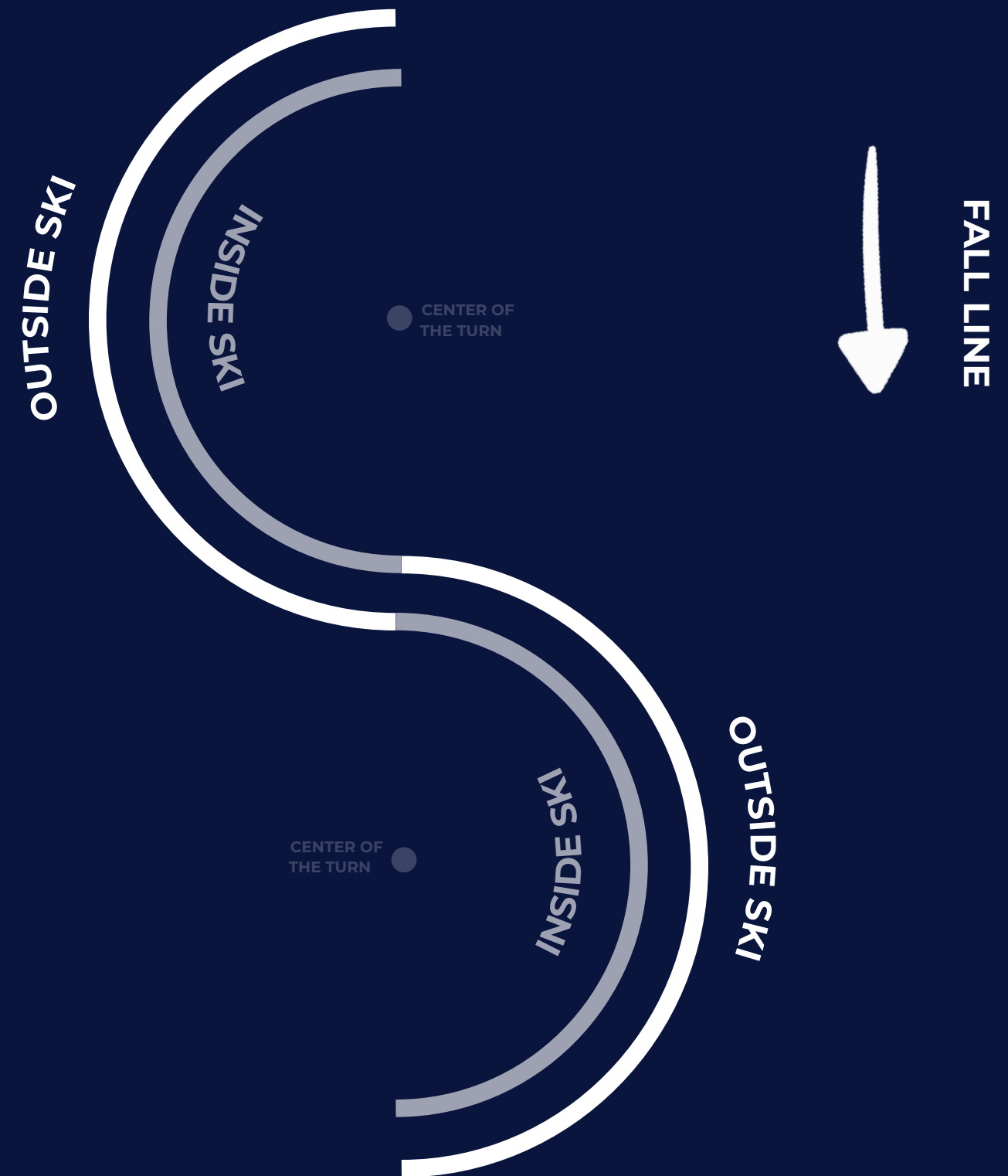
## **Balance on your outside ski**

Balance on your outside ski is an essential skill for skiers on all levels. It is from your outside ski you get much of your ability to turn and control your speed.

Improve your balance on your outside ski and you will improve your grip and steering power.

## What is the outside ski?

As you can see in this illustration the outside ski is the ski farthest from the center of the turn. The inside ski is the ski closest to the center of the turn.



## Why is balance on your outside ski important?

Watch this video where I give you two reasons for why you should balance on your outside ski. Try the at home exercise, so you can feel for yourself whether outside foot or inside foot balance works the best.



## How to achieve balance on your outside ski

Here are 3 tips to achieve balance on your outside ski:

- Step on to your new outside ski at the end of the old turn. You should do it in a flowing motion from turn to turn - almost like riding a bicycle.
- Focus on making your inside ski light. It should feel like you could lift your inside ski completely, if you wanted to.
- Move your upper body gradually over your outside ski, through the turn, so the lines running through your hands, shoulders, hips and knees become parallel with the ground. Make sure you keep your spine fairly straight.

Good job! Remember, two skis in the snow gives you the best balance foundation, but your outside ski should always be THE BOSS!



## A balanced turn - the end result

Before we jump to the balance exercises, let's have a look at how the athletic stance and outside ski balance looks like in a ski turn.

- 1** A good athletic stance as the foundation for movement.
- 2** Balance on both of your skis, but primarily on your outside ski.
- 3** Lines through hands, shoulders, hips and knees should be parallel to the snow at the end of the turn (see page 10).



# Balance exercises

For each level



## **Balance exercises for each levels**

As you progress as a skier and your ski balance develops, new balance exercises become relevant.

In this chapter you will get actionable tips and exercises for better balance on skis carefully chosen for each specific level.

Everything on the lower levels are still relevant for the higher levels.






## Beginner Exercises

As a beginner it is important to be in balance to feel safe. A good athletic stance in The Snow Plough will help you a lot. This will also make turning and stopping much easier. Use these tips to achieve a good athletic stance in The Snow Plough.

- 1** Bend your knees a bit and feel a connection between the shin and the front of the boot.
- 2** Arms in front
- 3** Look up

 Watch a balanced snow plough run

 Balance exercises for absolute beginners

## Intermediate Exercises

As an intermediate skier you are able to turn and stop with your skis mostly parallel. Do these exercises to dial in a good athletic stance with your skis parallel and achieve good balance on your outside ski.

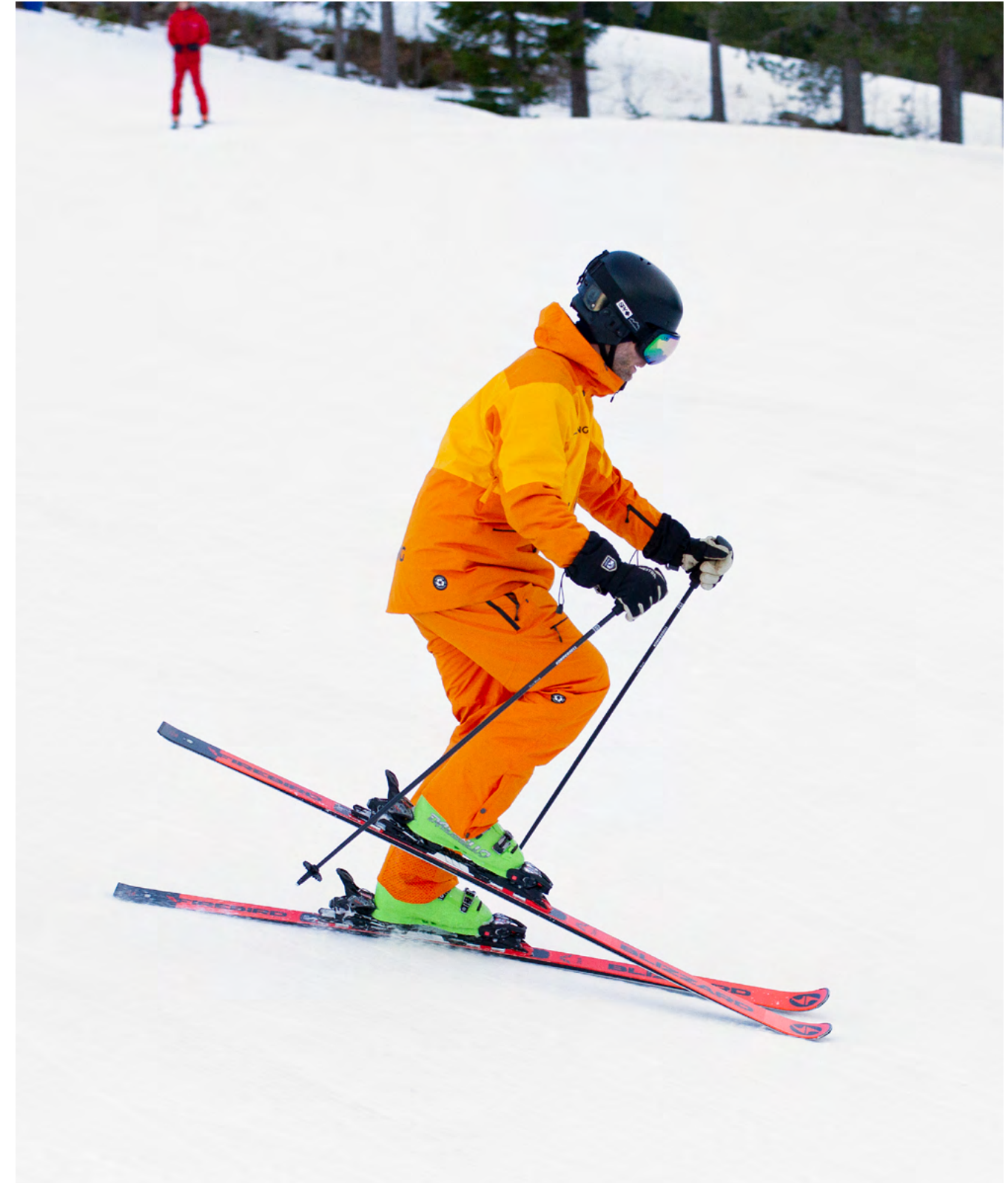
### EXERCISE 1

Make small jumps, when you ski across the slope with parallel skis. This will help you keep your skis parallel and get you into a good middle position.



### EXERCISE 2

Tap the tail of the inside ski in the snow for improved outside ski balance. This will also encourage a good middle position.





## Advanced Exercises

As an advanced skier you have an abundance of ways to practice better balance. I encourage you to experiment and try these two exercises.

### EXERCISE 1

Ski without your ski poles and keep your hands in a fixed position (for example on your hips as the picture shows). Experiment with different hand positions, like over your head, crossed on your chest and so on.

This will expand your balance comfort zone and you will feel like a balance king or queen once you get your poles back.

### EXERCISE 2

Push and pull your feet quickly opposite each other while skiing long turns in easy terrain: when one foot is pushed forward, the other is pulled back.

This will encourage mobility and awareness to help you find a good middle position on your outside ski.

## Expert Exercises

As an expert skier you probably already have an amazing balance. You must now challenge yourself further, and for that purpose these two exercises are great.

### EXERCISE 1

Make short turns with the tail of the inside ski lifted. This will improve your outside ski confidence in your short turns and encourage a good middle position.

### EXERCISE 2

Ski on one ski. There are an infinite variety of exercises you could do on one ski depending on your skill level and goals. Start out with your inside ski lifted, and build towards whirleybirds both ways round with only one ski on.

Skiing on one ski will encourage a good middle position and great movements. After some practice on one ski, your balance on two skis will be so much better and everything will feel easier.





## Congratulations!

You have now gotten a basic understanding of balance on skis as well as some tips and exercises you can practice to take your balance on skis to the next level.

As your balance improves everything in your skiing will work better. Good job!

On the following pages I will share my suggestions for the next steps to transform your skiing and achieve your skiing goals.

 Watch a congratulation video

## Continue your journey

This mini guide is a taste and an introduction to the Learn to Turn series.

The other guides in the series go deeper and give you an easy to follow step-by-step progression from where you are to where you want to be.

You will get the most relevant tips and exercises and the most common problems and their solutions on each step to make sure you progress in a safe, effective and fun way.

With these how to ski guides you will know WHAT to do, WHEN to do it and HOW to do it.



## What you will get in the guides

- 40+ pages with an easy to follow step-by-step progression, where you can jump in on your exact level.
- Links to video examples of many of the moves on snow.
- Links to EXCLUSIVE video tutorials with off snow exercises that will help you to learn the right movement patterns. This will accelerate your learning when you get on snow.
- Photos, photo sequences and illustrations supported by short and concise descriptions.
- Descriptions of the common problems and their solutions
- Inspiration for recreational skiers as well as new and experienced ski instructors
- Links to our public video tutorials on YouTube on the relevant steps.

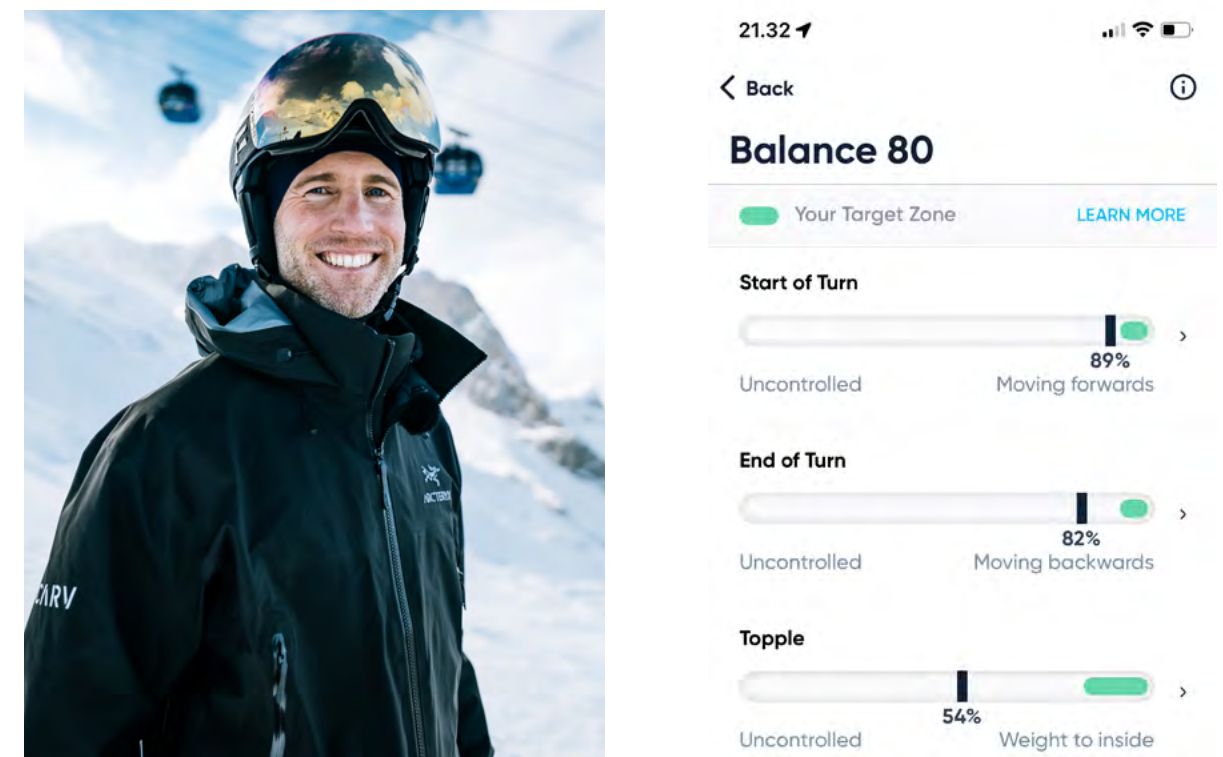
# Carv - a fun digital way to measure your balance

Besides my instructional videos, guides, articles, courses and so on, I warmly recommend that you check out Carv. Carv is an amazing sole system, that measures your balance on skis (and a bunch of other cool metrics). It gives you specific scores for each metric based on your performance.

Its like playing a video game on the slopes – AND you become a better skier in real life!

Inside the Carv membership you can find an extensive video lesson for better balance on skis, that I have created in collaboration with the Carv team.

In my article about Carv, you will find the discount code **CARVLIKEJANUS**, so you can get a favourable discount on your own pair of Carv soles.





# COLLABORATIONS

## CARV

Inspirational Skiing collaborates with Carv, making video courses for their app. Check it out and get a discount with the code CARVLIKEJANUS



Janus is skiing on Blizzard skis and uses Technica boots. Together they provide awesome stability and precision for making high performance turns. Find them at your local ski dealer.



Cardo makes fun and practical communication systems for recreational skiers called Packtalk Ski. Check it out and get a great discount with the code JANUS25



## FLAXTA

Janus is using Flaxta goggles, helmet and back shield.



SkiStar Trysil is an amazing ski resort in Norway. It has helped us with some stunning photographs for our how to ski guides. A special thanks to Ola Matsson and Turid Backe-Viken.



Picture Organic Clothing supports Inspirational Skiing with equipment. We share and support their vision of enjoying skiing and nature in an ambitious sustainable way.

### Colophon

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### Contact information

Mail: [contact@inspirationalskiing.com](mailto:contact@inspirationalskiing.com)

Adress: Lundingvej 42, 6100 Haderslev  
Denmark.

### Disclaimer

All movements suggested in this book are tried at your own risk. We are not responsible for any injuries, deaths or material damages that might occur from trying skiing after having read this book. We recommend consulting your physician before trying skiing, and that you go to a professional when renting, buying and adjusting your equipment.

### Security advice

Prepare yourself physically before going on skis to minimize risk of injury. Know the official FIS traffic rules for skiing in public ski terrain. You should always wear a helmet on the slopes. Always stop skiing if you get tired. Don't bring yourself or others in danger by mixing skiing with drugs or alcohol. Be responsible by making space for others on the slopes, and don't go too fast. Control is more important than speed. Have fun and take care of each other on the slopes!



### Graphics

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