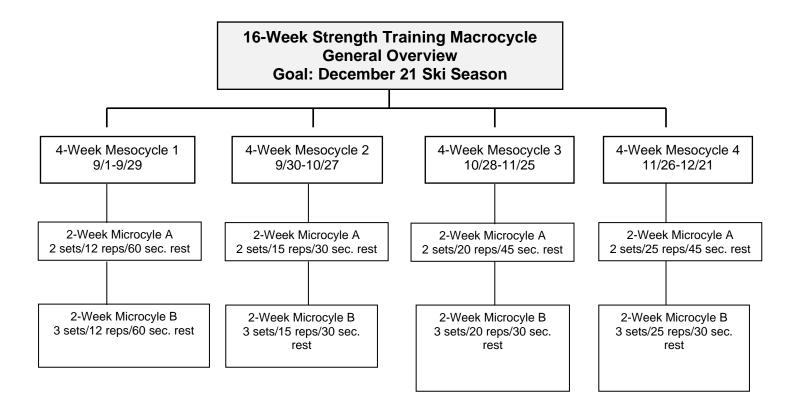
## Pre-Season Strength Training for Cross Country Skiing



Visit <u>www.crosscountryskier.com</u> for more in-depth information on this training plan.