

training system
PRO SKI® UP



TOP LEVEL SKIERS
SPONANEOUSLY FIND SOLUTIONS
WHILE SKIING

PRO SKI® SIMULATOR
professional ski training machine

A stylized graphic element consisting of two curved lines, one blue and one red, arching upwards.

BALANCE IS THE KEY

Dynamic balance is the key for efficient movement on skis. It ensures optimum transmission of physical abilities in a ski turn.

PRO SKI UP is an intensive training program on PRO SKI SIMULATOR which in addition to the dynamic balance develops a number of other abilities important for optimal development of skiers and other athletes:

- Effectively develops motorical and functional abilities
- coordination, speed and agility
- strength, endurance
- aerobic and anaerobic capacity of athletes
- mproves ski technique,
- reduces the risk of injury and
- enhances rehabilitation, specially for joint injuries



PRO SKI UP ENHANCES ALL THE SPECIFIC PHYSICAL ELEMENTS, IMPORTANT FOR GOOD PHYSICAL CONDITION AND PREPARED SKIERS. PRO SKI UP IMPROVES THE SPECIFIC ABILITIES IMPORTANT FOR GOOD PHYSICAL PREPAREDNESS OF SKIERS.

PERFECT MOTION AND MUSCLES SYNCHRONIZATION

PRO SKI UP training develops the proper ski movements and contributes to the progress of specific elements of alpine skiing. Wright choice of exercises corrects position of the body, which allows the proper „CARVING“.

PRO SKI UP synchronizes muscles and movement of skiers and enables controlled entering the athletic shape. PRO SKI UP increases endurance, static, repetitive and explosive strenght of trunk, chest, arms and shoulders. Especially increases the power of the legs, which is the most important motorial ability in alpine skiing.

DID YOU KNOW?
37% VARIANCE OF
PERFORMANCE IN
THE ALPINE SKIING
IS BASED ON
EXPLOSIVE AND
REPETITIVE POWER
(ESPECIALLY THE LEGS).



PRO SKI SIMULATOR – EUROPEAN QUALITY TRAINING DEVICE

PRO SKI UP runs on an innovative device, PRO SKI SIMULATOR. It allows lateral movement which simulates the skiing motion and enabling new, varied and very effective types of exercise.

- DEVELOPING MOTION TECHNIQUES
- ENHANCE PROPER SKI POSITION
- IT DEVELOP A SENSE OF RHYTHM

The result is effective movement on the slopes.



MULTIVARIANT (VERSATILE) TARGETED TRAINING

Specificity of PRO SKI UP training is targeted to develop motor and functional abilities according to a preset program. PRO SKI UP is recommended for all types of athletes as it develops basic and specific skills. It effectively enhances the dynamic balance, proprioception, coordination and agility, as well as all types of strength and endurance. Improves synchronization of legs, trunk, arms and shoulders. Also provides maximum energy consumption of glycogen deposits and fat.

REDUCES THE RISK OF INJURY, BODY OF AN ATHLETE REACHES OPTIMUM STATE OF PREPAREDNESS FOR THE GREATEST EFFORD IN A PARTICULAR SPORT.

PRO SKI UP is recommended for ice skating and hockey, soccer, volleyball, tennis, table tennis and many others.

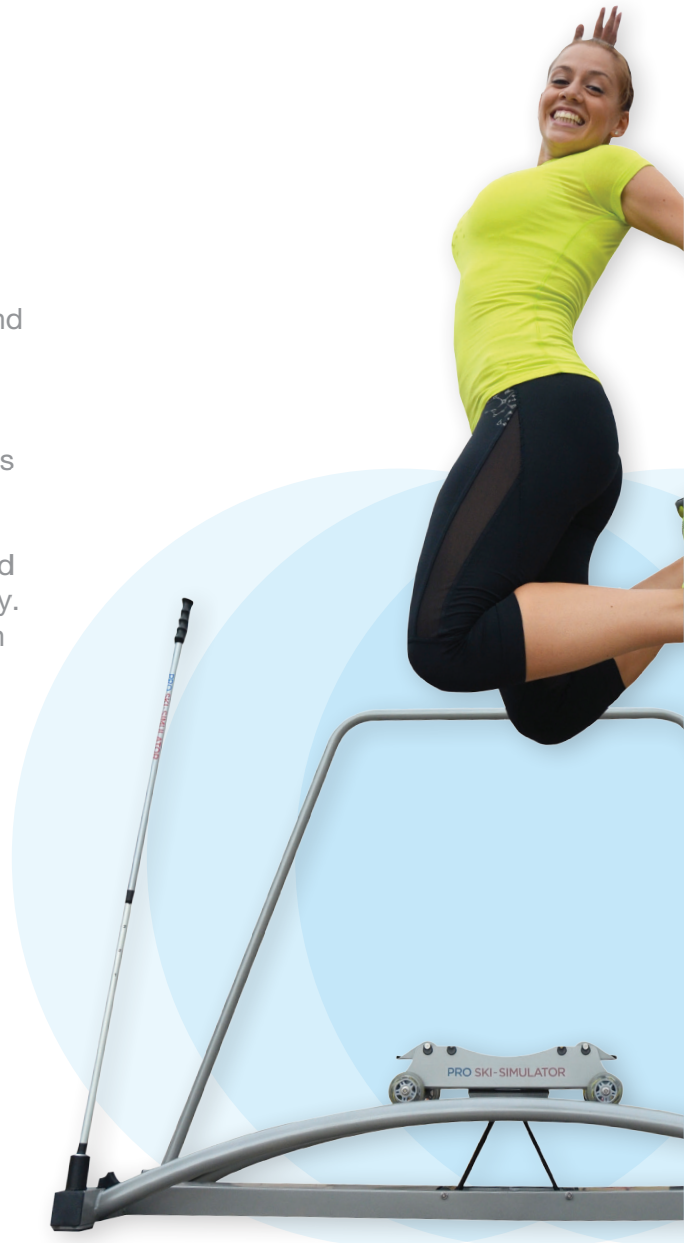



FOR QUALITY REHABILITATION

PRO SKI UP is a three-dimensional dynamic system, which is used to recover the athlete after an injury. Without microtrauma it enables rapid development of proprioception and strenght which reduces the recovery period and speed up returning of athlete to training and competition.

With different intensities and types of exercises PRO SKI UP allows motion in a controlled environment which are targeted on the injured part of the body. PRO SKI UP is recommended to use already of the second phase of recovery. While, the best results under close supervision are in the following stages of recovery when movement in all directions is involved.

DURING EXERCISE THERE
IS NO MICROTRAUMAS AND
POSSIBILITY OF RENEWING
INJURY.





PRO SKI UP is used by institutions for rehabilitation after sports injuries. Efficiency of PRO SKI UP training have confirmed a number of European experts in the field of physiotherapy and rehabilitation which have successfully include exercises on PRO SKI SIMULATOR in their programs.

- DO NOT STRESS JOINT SYSTEM
- SPEEDS UP MUSCLE REGENERATION
- ENABLING FAST COME BACK ON TRAINING AND COMPETITIONS



"I highly recommend the use of PRO SKI SIMULATOR as device for joint rehabilitation of foot, knee, hip and back "

*Alen Lilić
Dipl. Physiotherapist*

PRO SKI UP TRAINING IS DESIGNED FOR SKIERS (RACERS AND RECREATIONAL) AND OTHER TOP ATHLETES AND ADVANCED EXERCISERS.



PRO SKI SIMULATOR recommends Italian representative Giuliano Razzoli, multiple winner of the World Cup races and the gold medalist in slalom at the Olympics in Vancouver in 2010th

Giuliano Razzoli

PRO SKI SIMULATOR for optimal physical condition also recommend:

JEAN-BAPTISTE GRANGE (France)

STEVE MISSILIER (France)

NIKA FLEISS (Croatia)

MITJA DRAGŠIČ (Slovenia)

FRANCE EUROPA CUP TEAM

PRO SKI® SIMULATOR
professional ski training machine



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