

Report about the use of a SNAIX fitness bike in the fitness training of the national alpine skiing team 23.06 - 28.06.2003 in Garmisch-Partenkirchen.

Field report

The use of the SNAIX fitness bike in the fitness training week of the national alpine skiing team was a complete success.

The following training units were conducted with a SNAIX fitness bike:

- free ride of straight lines
- driving uphill
- slalom with enhanced speed
- driving in a show-jumping course

Evaluation:

- The most striking point was the enthusiastic motivation of the athletes during the whole training with the SNAIX fitness bike.
- Most athletes were able to perform the correct straight driving mode within only a few minutes.
- The use for this bicycle is very versatile. The big advantage is probably the combination of training of stamina, coordination, skills and learning of new movement patterns.

Further points:

- improvement of trunk stabilization
- improvement of the coordination of trunk and leg muscles
- improvement of the intramuscular coordination ability
- MOTIVATION

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Kind regards,

Ralf Rauch (DSV)

(Fitness trainer and physiotherapist alpine skiing men)