

PRE-SKI

SKI TRIP

Get the PRE-SKI Advantage

Be Safer | Progress Quicker | Enjoy More

Thinking, dreaming, planning or already booked to go skiing? You'll be safer, progress quicker and enjoy it more having done PRE-SKI. Guaranteed, or your money back.



What most people do

They don't prepare properly. They try to wing it and then don't get the most out of their trip. They think they're fit enough, or that skiing looks easy. The reality is different on the slopes.

What PRE-SKI does

We make your trip better, much better. When you're prepared you enjoy it more. In easy-to-follow, clear, simple steps we take you through an at-home programme guaranteed to get results, whatever fitness level you're at now. From totally unfit to really fit.

Created by experts, doable at home (or anywhere) from your phone, with mindset shifts you can feel each session.

NO EQUIPMENT TO BUY
NO GYM MEMBERSHIP NEEDED

Who it's for

- Friends, family and couples
- Solo skiers
- Organised groups
- From totally unfit to really fit

What you gain from PRE-SKI

Physical Preparation
Build endurance, strength and mobility so you can ski longer and safer, with less risk of injury.

Mental Confidence
Train your mindset and self-talk for better confidence and decision-making on the slopes, even when things get tough.

Equipment Know-How
Understand what you need, what to bring, and how to use your gear. Focus on the experience, not the unknowns.

Faster Progression
See and feel a noticeable improvement. PRE-SKI gives you the edge to progress faster and enjoy more.

Not preparing, or winging it, leaves the trip to chance. You invest in the trip, the skis, the lessons, the accommodation, so why not invest in you? **You're the most important part.** Get you right, physically and mentally, and get the best out of your trip. Do PRE-SKI, before you go.

TWO OR MORE OF YOU GOING?

PRESKI-25OFF

Get 25% off Full Programme Premium Supported. Save £37.25 each. Pay just £111.75 rather than £149. For bookings of two or more.

ALL PROGRAMME OPTIONS

£59	£59	£99	£149
Foundation + Preparation	Progression	Full Programme	Premium Supported

100% MONEY BACK

100% Guaranteed!

Follow the programme and if you're not stronger, fitter and better prepared, you'll be fully refunded. Guaranteed!

Details matter, preparation is key. Get the PRE-SKI Advantage.

Find your course in 60 seconds

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