

# The Skier's Edge<sup>®</sup> Company

Now including the  
BootMaster!



In three decades we have taken thousands of skiers from intermediate to advanced/expert. We'll do the same for you!

# The Skier's Edge<sup>®</sup> Company

The Skier's Edge was designed as a non-impact lateral conditioning machine. After years of playing football and numerous knee surgeries, doctors told the creator and inventor of the Skier's Edge he should no longer run to stay in shape. He looked for a way to safely strengthen his knees, get a great aerobic workout, and be in top condition to ski each season free of pain. After searching in vain for the right equipment and exercises, he developed the Skier's Edge. Upon showing the unit to doctors and physical therapists, he was encouraged to introduce it to the public. Initially supplying only the U.S. Ski Team, the Skier's Edge Company has since become the exclusive official supplier to the world's best ski teams.



Our machines are used by World Cup racers, Olympians, pro-athletes and can be found in training rooms worldwide because of our exceptional quality and proven track record that is unmatched. The Skier's Edge is also used as a training and conditioning machine throughout the NFL, NHL, MLB and NBA, at major universities, sports medicine clinics, rehab centers, and by skiers of all ages and abilities.

## Award Winning

- 155 Olympic Alpine Ski Medals
- 8 Super Bowl Titles
- 28 FIS World Cup Globes
- 1 FIFA World Cup
- 6 World Series
- 163 FIS World Cup Titles
- 3 Junior National Championships
- 10 PGA Tour Wins
- 1 Champions League Soccer Title
- 8 World Powder—8 Championships
- 4 PGA Senior Tour Championships
- 1,049 Skier's Edge Masters National Championship Medals
- 4 Snowboard National Championships
- 1 Stanley Cup
- 8 Extreme Ski World Championships
- 31 APT Tennis World Tour Titles
- 2 Aerials & Moguls National Championship Titles
- 14 Special Olympic Medals
- 9 World Volleyball Titles
- 2 PGA Champions Tour Titles
- 8 FIS Masters World Globes
- 1 NCAA Pole Vaulting Championship
- 33 Disabled World & US Ski Titles
- 1 Miss Fitness America Title
- 26,000 National Ski Patrollers
- 30,600 Professional Ski Instructors
- Over 9,200 Letters of praise from ski improvement to weight loss
- Prevented thousands of injuries

The #1 Ski Conditioner in the World<sup>®</sup>



Exclusive Official Supplier to the World's Best Ski Teams



# You're on your way to skiing like you've always dreamed!

The Skier's Edge has taken thousands of aspiring skiers from beginner to intermediate and made them advanced/expert skiers who dominate the entire mountain no matter what the snow conditions are. Not only have many of our users learned to ski great – really great skiers have become truly exceptional. In fact, many users who train on a Skier's Edge have proven to be quite extraordinary athletes, winning countless awards, titles, championships and Olympic Gold Medals. From the recreational athlete to professionals, anyone can dramatically increase their performance on and off the slopes with a Skier's Edge machine. This is the perfect training tool for every ability and all ages.

- 365 days of private ski lessons.
- Endurance to ski all day—every day.
- Perfect edging, weight transfer, balance and muscle memory.
- The perfect cross-trainer for football, hockey, tennis, golf, soccer, lacrosse...etc.
- Have fun staying in shape year-round.

*Expect Extraordinary!™*

**Dramatically improve your skiing –  
We Guarantee It!**

Photo courtesy of Fischer



# Choose from 3 models:

## Our Products

At Skier's Edge, we have spent almost 30 years of research developing our products. We pride ourselves on the quality of our machines and accessories. All of our products are made using the highest quality materials and sophisticated technology to ensure a long life, durability and resistance to wear. Each machine is carefully constructed and inspected by hand in our facility based in Salt Lake City, Utah.



1. **Q<sup>TM</sup>S5**



**Q5 models** are engineered to be the smoothest and quietest Skier's Edge machines ever. Our patented rail design uses high quality aircraft aluminum, providing a tough finish with outstanding corrosion protection, resistance to wear and they're easy to keep clean. The carriage glides effortlessly utilizing custom made wheels designed to perfectly match the Q5 rails. You feel like you're skiing five inches of new powder on a corduroy base. So smooth you won't want to stop.

The Q5 is available in three performance levels to accommodate all users and goals. Designed by a skier for a skier, the Q5 offers supreme quality and unmatched ski simulation. This is the ultimate Skier's Edge machine. You will see and feel the difference in your skiing ability and overall lifestyle!

- Top-of-the-line Skier's Edge model.
- Precision designed aircraft aluminum rails.
- Carriage with custom molded urethane wheels to dampen vibration and eliminate noise.
- Available in three performance levels.

## 2. T5™



**T5 models** set the standard for Skier's Edge machines. Choose from three different performance levels with varying frame heights to match your goals and skiing ability. From beginner to expert, the T5 models perfectly simulate the smooth, rhythmic movements of skiing. You will ski better and become a healthier, more fit person year-round.

Designed with the skier in mind, the T5 combines premium quality construction with precise lateral movement to perfectly simulate skiing. There's nothing like the T5 on the market. Customize your machine to your goals and ski better than you've ever dreamed!

- Develop the ability and strength to ski the entire mountain in all snow conditions.
- Ski the whole mountain with more confidence, stamina and precision.
- Develop strong muscles to prevent injuries and keep you on the slopes!
- Designed so any T5 machine can be upgraded to the elite QS5 – with the upgrade kit. (See page 26.)
- Available in three performance levels.

## 3. LT Carver™



### LT Carver - Created for the 45 to 150lb skier/racer

Dramatically improve your racing with the LT Carver! It's the perfect year-round trainer to learn proper edging technique while developing balance, coordination and muscle memory. Your family will develop the skills to reach the podium.

- Kids love the LT Carver.
- Super easy to adjust.
- Perfect for beginner to racer.
- Better than private lessons.
- They'll use it because it's super fun.
- All the same benefits as the T5.
- **If you choose this model, proceed to page 9.**

## Next

# Choose your performance level for the QS5 and the T5:

## Classic Series™ –The Original Carving Machine™

**Our famous flagship model** started it all, taking thousands of skiers to new and exhilarating heights with its gentle slope height. It's a great choice for rehabbing and aspiring skiers who want to increase their fitness level and skiing versatility on the slopes. Plus, the Classic is a great tool to train for high-performance short turns, strengthening your legs to move quickly and dynamically.

- Burns up to 1,125 calories per hour.
- Available in the T5 and the QS5 models.  
(See pages 7–8 for details.)



### PLATFORMS:

- All Mountain Master
- RPM  
(Platform details on pages 11-12)

Length	Width	Height	Rail Incline	Power Bands	Quick Change Resistance Settings
63 Inches	14.5 inches	9.3 inches	10.5 degrees	2	11 settings

## Big Mountain Series™ – Most Popular and The Ultimate Carving Machine™

**Capture the feeling of steeper mountains, deeper powder and bigger bumps** with the Big Mountain. It's the ultimate machine to polish your turns, improve technique and for those who like the intensity and excitement of "big mountain" skiing. From beginners to experts, all levels of skiers will benefit from training on the Big Mountain. This is our most popular Skier's Edge.

- Burns up to 1,350 calories per hour.
- Available in the T5 and the QS5 models.  
(See pages 7–8 for details.)



### PLATFORMS:

- All Mountain Master
- RPM  
(Platform details on pages 11-12)

Length	Width	Height	Rail Incline	Power Bands	Quick Change Resistance Settings
63 Inches	14.5 inches	11.6 inches	17 degrees	2	11 settings

# World Cup Plyometric Power Series™ – The Ultimate Racing Machine!™

**Master the skills you need to develop** into an elite skier or racer with the World Cup Plyometric Power. This machine is aggressive, athletic and will boost your strength, speed, power, agility, coordination and balance. With the highest profile and steepest range of motion, it comes standard with a third band of resistance, making it the most intense machine available. This high intensity, anaerobic training tool will help you train for the toughest GS, Slalom, Super G, and downhill courses in the world. It's the preferred training tool of the world's best ski racers and pro-athletes.

- Burns up to 1,540 calories per hour.
- Available in the T5 and the QS5 models.  
(See pages 7–8 for details.)



## PLATFORMS:

- All Mountain Master
- RPM  
(Platform details on pages 11-12)

Length	Width	Height	Rail Incline	Power Bands	Quick Change Resistance Settings
63 Inches	14.5 inches	13 inches	19 degrees	3	18 settings

## WORLD CUP PLYOMETRIC POWER™



*"My Skier's Edge is the best thing that has happened to my skiing. I have experienced improvement I never imagined. If you don't own one, you don't know what you're missing."*

**S. Brown • Parker, CO**

*"By using my Big Mountain for 20 minutes a day, I've gained more strength and endurance and now I can master the most challenging runs. It's nice to be able to go top to bottom without stopping. I can tackle any pitch, moguls and powder with confidence."*

**D. Jones • Salt Lake City, Utah**



# The Skier's Edge QS5 up-close

## Interchangeable Carriage System

Allows for a quick change to any platform for a variety of workouts. (see pages 11 – 12)

## Aluminum Rails

Precision designed aircraft aluminum rails.

## End Feet

Sure grip, non-marking feet.

## Poles

Every machine comes with our lightweight non-marking poles.

## Quick Change Resistance Settings

Quick release pins with up to 18 different settings.

## Power Bands

Designed for safety and to challenge the user's strength and ability.

## Truss Frame

High quality, heavy gauge steel welded into a single unit truss frame for long life and durability.

## Wheels

Custom molded urethane wheels for quiet operation.

## Captive Wheel

The wheel system on the underside of the rails securely locks the carriage on the rails, allowing for the smoothest and most quiet workout ever.

## Footpads

Independent footpads pivot side-to-side. Up to 8 different stance settings so you can personalize your workouts.

## Quick Change Tool

Easy access T-wrench to make quick adjustments.

WORLD CUP PLYOMETRIC POWER™

BIG MOUNTAIN™

CLASSIC™





# The Skier's Edge T5 up-close

## Interchangeable Carriage System

Allows for a quick change to any platform for a variety of workouts. (see pages 11 – 12)

### Rails

High quality, heavy gauge steel for long life and durability.

### End Feet

Sure grip, non-marking feet.

### Poles

Every machine comes with our lightweight non-marking poles.

### Power Bands

Designed for safety and to challenge the user's strength and ability.

### Quick Change Resistance Settings

Quick release pins with up to 18 different settings.

### Truss Frame

High quality, heavy gauge steel welded into a single unit truss frame for long life and durability.

### Wheels

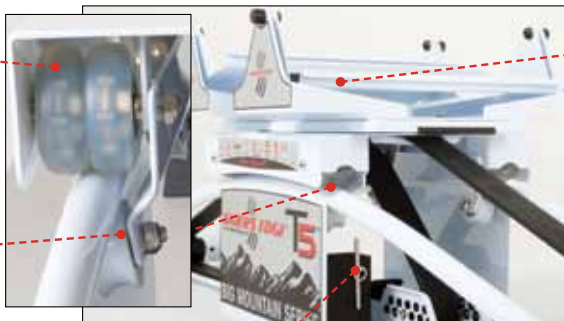
Dual urethane wheels for a long life. Gives a smooth feel and quiet ride.

### Captive Wheel

The wheel system on the underside of the rails securely locks the carriage on the rails, allowing for a safe workout.

### Footpads

Independent footpads pivot side-to-side. Up to 8 different stance settings so you can personalize your workouts.



### Quick Change Tool

Easy access T-wrench to make quick adjustments.

## WORLD CUP PLYOMETRIC POWER™

### BIG MOUNTAIN™

### CLASSIC™



# LT Carver™ The Skier's Edge LT Carver up-close

## Footpads

Independent footpads pivot side-to-side. Up to 6 different stance settings so you can personalize your workouts.

## Power Bands

Designed for safety and to challenge the user's strength and ability.

## End Feet

Sure grip, non-marking end feet keep your Skier's Edge solidly in position.

## Wheels


Dual urethane wheels for a long life, smooth feel and quiet ride.

## Captive Wheel

The wheel system on the underside of the rails securely locks the carriage on the rails, allowing for a safe workout.

## Truss Frame

High quality, heavy gauge steel and aluminum welded into a single unit truss frame for long life and durability.



Length	Width	Height	Rail Incline	Power Bands	Quick Change Resistance Settings
55 Inches	14.5 Inches	10 inches	17 degrees	2	9 settings



## Resistance Adjustment Tool

This tool easily attaches and makes it easy for children and adults to adjust settings.

## Adjustable Poles

9 height positions to perfectly accommodate all users. Made of light weight aircraft aluminum with ergonomic grips for comfort. Non-marking rubber tips protect floors and furniture. Standard with the LT Carver.

## Quick Change Resistance Settings

The quick release pins make it easy to change the resistance setting to accommodate the user's goals. Resistance settings can be adjusted to 9 different levels.

Created for the 45 to 150 LB Skier or Racer



## ***LT Carver***<sup>™</sup>

Young racers and skiers love the LT Carver. It's perfect for working on ski technique, balance, muscle memory and coordination, all while improving aerobic conditioning. Super easy to adjust and use. A fun workout that translates to great results on the mountain.

**Leyton Sheppard • Park City**  
#5 Ranked Nastar Racer in the US • 8-9 year olds  
Harlauer Memorial South Series Finals Results:  
#1 in GS • #1 in Slalom • #1 Overall in U10 Division



## **The Skier's Edge LT Carver Optional Accessories:**

### **Gate Keeper**

Great accessory for tracking elapsed time and number of turns. It brings out the competitive edge in everyone! (See page 23 for more details.)



### **LT Coach Bar**

This is a great add-on accessory made for the LT Carver. It is sized perfectly to accommodate all users from small children to adults up to 150 lbs.



### **LT Powder/Mogul Master Kit**

Interchangeable platform to simulate deep powder and steep bump runs. (See page 19 for more details.) **This kit comes with the LT Coach Bar.**



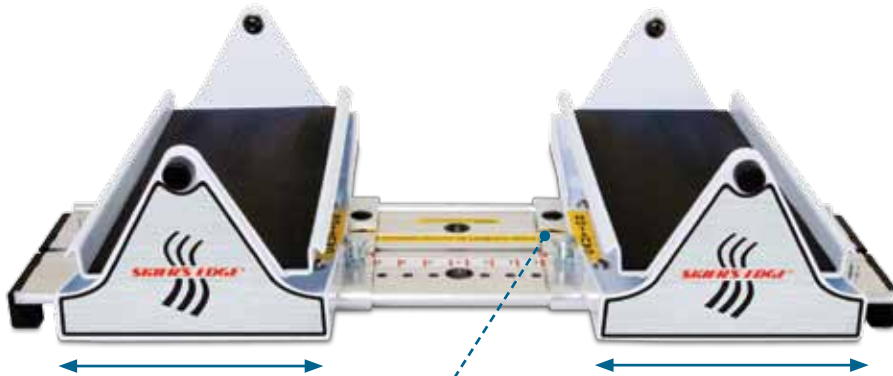
# Now Select the platform you wish to use:

## RPM™

Available for T5 and QS5 models only

The RPM is our most popular and versatile platform.

- 8 adjustable stance settings ranging from a narrow mogul stance to a wide carving stance and a single leg setting.
- Adjust settings in 20-30 seconds.
- Required for the Slope Simulator and Upper Body Edge accessories.



### ACCESSORIES JUST FOR THE RPM



Slope Simulator  
(see page 13)



Upper Body Edge  
(see page 25)

### 8 Adjustable Stance Positions



#### 1. Single Footpad Stance

For an intense anaerobic workout, one leg at a time.



#### 2. Powder/Mogul Stance

Simulates skiing in deep powder, navigating trees or steep bump runs.



#### 3. Tight Carve Stance

Great for practicing quick, tight turns.



#### 4. Medium Carve Stance

Aggressive carving position for shaped skis.



#### 5. Wide Carve/Racing Stance

For racing or cruising down long, winding runs.



#### 6. Wide Athletic Stance

Strengthening and conditioning for skiing and other lateral sports such as golf, tennis, football, basketball, soccer, etc.



7. }  
8. } 2 additional wider cross training positions.





## 6 Adjustable Stance Positions



### 1. Single Footpad Stance

For an intense anaerobic workout, one leg at a time.

### 2. Powder/Mogul Stance

Simulates skiing in deep powder, navigating trees or steep bump runs.

### 3. Tight Curve Stance

Great for practicing quick, tight turns.

### 4. Medium Curve Stance

Aggressive carving position for shaped skis.

### 5. Wide Curve/Racing Stance

For racing or cruising down long, winding runs.

### 6. Wide Athletic Stance

Strengthening and conditioning for skiing and other lateral sports such as golf, tennis, football, basketball, soccer, etc.



# All Mountain Master™\*

Available for all models

*\*Doesn't accommodate RPM accessories*

The name says it all. The All Mountain Master (AMM) is versatile, easy to use and simulates different styles of skiing. Skiers will develop power and endurance in addition to building a good cardiovascular foundation.

- 6 adjustable settings ranging from a narrow mogul stance to a wide carving stance and a single leg setting.
- Adjust stance settings in 2-3 minutes.



# Last Step Choose your accessories

## Slope Simulator™

Available for T5 and QS5 models only

We all know that it is difficult to keep our weight forward when skiing. Changes in terrain, fatigue, or lack of focus can quickly take us from full control to out of control. These mistakes can cause us to fall and risk injury. The Slope Simulator is for the skier who desires a way to train in an aggressive forward position and develop total balance control that can be transferred to the mountain.

*"I thought I was a pretty good skier and I could make it down just about anything. But, I knew I could be better. Adding the Slope Simulator to my Skier's Edge, taught me to hone my balance, ski more aggressively, and because of that training, I became more confident. Now I ski every run effortlessly."*

C. Shaw • Denver, CO



Shown attached to the RPM plate

- Provides a variable/adjustable slope pitch that produces the most realistic ski simulation available.
- An invaluable training tool for improving dynamic balance.
- Practice correct forward lean.
- Teaches recovery techniques for those occasional slips into the back seat.
- 1 level locked (neutral) position, 3 forward and 3 backward lean positions ranging from 3° to 13° for 16 possible configurations.
- Requires RPM platform.



Full forward lean/tilt position



Level locked (neutral) position



Full backward lean/tilt position

# Assistant Coach™ Balance Bar

Available for T5 and Q55 models only

The Assistant Coach Balance Bar can be added to any T5 or Q55 machine. The bar is ideal for individuals who prefer additional support while working out. It's the perfect choice for the entire family. When you want to use the poles, all you need to do is turn around on the machine and face the opposite direction.



Big Mountain Q55 with Assistant Coach Bar



Big Mountain T5 with Assistant Coach Bar

*"Whether you're a beginner like me or a seasoned pro like my wife, the Assistant Coach Bar offers more stability so you can stay on the machine longer. With the Assistant Coach Bar, I can keep my focus on developing proper technique so I have the skills I need to ski with the best."*

B. Musgrave • Jacksonville, FL

## Optional Accessories



### POLE AND WATER BOTTLE HOLDER

The pole and water bottle holder is a great accessory for the Assistant Coach Balance Bar. It provides storage for your poles, and keeps your water bottle close. Not compatible with Children's Bar.



Big Mountain T5 with Children's Bar

### CHILDREN'S BAR

The Children's Bar attaches to the Assistant Coach Balance Bar. It's the perfect height to help young children with balance and coordination on the machine.

# The BootMaster™

A complete system  
or accessory



**This is what you've  
been waiting for!  
...the easiest and  
fastest way to  
perfect your skiing!**

**“** *The new BootMaster gives me a realistic skiing experience with my boots on. I execute and feel every turn perfectly! It's magnificent training and increases the intensity of the workout! For the skier, this is a must! Highly recommended!* **”**

P. Hörwing • Sweden



# BootMaster – It just keeps getting better!

Train in your Ski Boots! The Skier's Edge BootMaster is the ultimate workout for skiers. It's an intense exercise of those ski specific muscles that SCREAM your first few weeks of skiing. The muscle memory conditioning transfers perfectly to your skis.

## BootMaster Benefits:

- Get comfortable in your boots before you hit the slopes.
- Aligns you in the proper position over your boots.
- Actively engages your core.
- Never lose confidence or control.
- Refines your retraction balance for perfectly linked turns.
- Duplicates what you feel on the mountain.



**Train in your ski boots 365 days a year!**

*I've had a Skier's Edge for over 10 years now and it's been an integral part of my ski racing. Once I got on the BootMaster it took my workouts to a much higher level. It gave me a harder workout in a much shorter time. Having my boots on during my workout, I got a much better feel to edging the ski. Even with bad knees I feel safer achieving my goals in my workouts.*

K. Olberg • Seattle, WA

Norwegian National Champion

*"The BootMaster takes the Skier's Edge to the next level! Using the machine with your ski boots precisely mimics the kinetic patterns involved in high level skiing and racing. The setup encourages and ingrains proper technique - ankles flexed, shins on the front of the boot, proper fore/aft balance, quiet upper body, and quick feet. Additionally, the conditioning effect on ski specific muscles is better than ever. Whether someone is an intermediate skier or high level racer, I would strongly recommend the BootMaster!"*

Tim Hill • World Masters Champion

*"The BootMaster targets the exact muscles that relate to being on the snow. The movement focuses on the precise muscle group that takes you to a higher level of ski workout. This means you have an easier transition from workout to snow."*

P. Feldenheimer • Menlo Park, CA

*"The BootMaster is a masterpiece when it comes to working on your form and breaking in new boots. It takes your workout to the next level and prepares you for the slopes in a way that I never thought possible. I love my Skier's Edge and now I also love my BootMaster. If you haven't tried it you don't know what you're missing!"*

J. Lancer • Boston, MA

*"The Skier's Edge BootMaster Accessory has taken my workout to a whole new level. The burn I get in my legs while using the BootMaster is incredible! I "broke in" my new boots this fall and now I'm tearing up the slopes without any discomfort. My first day of skiing this winter, was better than my last day of the previous season."*

P. Peterson • Denver, CO

**Work out on the new BootMaster 3 days a week for 15 minutes a day and *your first day on the slopes will be your best ever!***





### Toe shim

- Slides back and forth to accommodate any size boot.
- Securely holds your boot in place while allowing you to safely step off at any time.



### Heel Retainer

- Holds heel in place allowing you to lean forward putting pressure on the front of your boot.

### BootMaster Footpads

- Puts you in the proper forward lean.
- Easily interchangeable with the standard footpads for use with your athletic shoes.



*"The most realistic ski exercise machine ever made! The BootMaster takes us to a new level of conditioning and balance. It gives more focus on working the quad muscles for strength and endurance for racing."*

Tyler Milligan • Seattle, WA

*"The BootMaster is a game changer! I like the forward lean that makes you put pressure against the front of your ski boot. This gives you the precise feeling of skiing downhill."*

Rick Slabinski • U.S. Masters Champion

- Assistant Coach Balance Bar for safety and stability.
- Platform with a no-slip surface allows you to safely get on and off the machine in your ski boots.
- Easily attaches to the QS5 Big Mountain or QS5 World Cup Plyometric Power Machines.

### Complete System

- Assistant Coach Balance Bar.
- BootMaster Accessory Platform and footpads.
- QS5 Big Mountain RPM.

### Accessory Only

- BootMaster Accessory Platform and footpads.

# Learn to ski powder really well – fast!

## Powder/Mogul Master™

Available for all models

The Powder/Mogul Master is tailored specifically for those who ski, or want to learn to ski, long deep powder runs and steep bump runs with confidence and control. With your feet close together on a single platform, the Powder/Mogul Master provides a demanding workout. The kit includes the Assistant Coach Balance Bar or LT Coach Bar because it's the most challenging platform to use. The Powder/Mogul Master platform interchanges with both the RPM and All Mountain Master.

- Interchangeable platform to simulate deep powder and steep bump runs.
- Kit includes the Assistant Coach Balance Bar or LT Coach Bar.
- Provides training with your feet together creating a technical and demanding workout.
- Great for improving timing, balance strength, and endurance.

*"I got my Powder/Mogul Master just three weeks before my first ski trip of the season. I used it religiously before my trip. I can honestly say that I've never felt better on the slopes. I skied six consecutive days of moguls, powder and a few cruiser runs for fun and never seemed to wear out as in previous years. I would recommend the Skier's Edge Powder/Mogul Master for anyone who is serious about skiing."*

J. Smith • Dallas, TX

*"I've been skiing for 32 years and play a lot of different sports, and absolutely nothing compares to the Skier's Edge. The Powder/Mogul Master is phenomenal when it comes to pure technique when skiing the bumps or uncut powder. This machine is the best training device I've come across since I've been skiing!"*

P. Zeller • Flagstaff, AZ



Big Mountain Q55 with Powder Mogul Master Kit





*"I use the World Cup Plyometric Power machine first thing in the morning as a tune up for the day's skiing. It simulates powder skiing and helps me to execute the first turn of the day properly and each turn thereafter falls right into place."*

Mike Wiegele •

The Pioneer of Deep Powder Skiing

## "Nothing is more intimidating than skiing powder. Yet, nothing is easier to ski!"

You don't have to be a powder skier to enjoy powder skiing at Mike Wiegele's Helicopter Skiing. You'll come away a good powder skier. The Skier's Edge is an integral part of the state-of-the-art fitness center at Wiegele's lodge.

Recently, guests began to crowd around as John Crews, former Mogul and National aeriels champion, demonstrated how to use the Skier's Edge Powder/Mogul Master. One guest explained that he had been there a few days but was having difficulty skiing in the deep powder. He could get down the mountain, but was struggling. Crews suggested that he practice getting down the rhythm of powder skiing on the Skier's Edge Powder/Mogul Master. Crews recounts the story: "He practiced on the machine that night and the next morning."

"The following afternoon he came running up to me from about fifty yards away. With a big excited grin on his face he yelled, 'I can't believe it, I can't believe it, I am finally doing it!' He'd had a complete turn-around. He skied so much better in the powder that day than he'd ever skied before. He said that it was the machine that made the difference."



# Challenge yourself!... and keep track of your progress

## LifeBeat® Feedback System

Available for T5 and Q55 models only

The LifeBeat is a unique user-friendly feedback computer designed to not only help you meet and track your goals, but actually exceed your goals. It makes workouts fun, giving you all the information you need to gauge your performance and set goals to help you improve. With its simple user interface, you can start a workout in just seconds.

### What does the patented Goal Achiever do for you?

We've all been there. We missed a workout for whatever reason. We get home at night still facing the challenge of working out and we're already fatigued and stressed. Just the thought of trying to work out for 30 minutes in itself is often overwhelming - and we give up and start missing our workouts.

Really, the biggest difficulty in exercising is getting started, and the mental picture of 30 minutes of exercise when we're already tired - is ugly! And yet we all know how invigorated and refreshed we feel once we've accomplished a workout.

We've solved the problem! Perhaps, if you thought you only had to work out for a few minutes, you wouldn't hesitate. It's the thought of working out for 30 minutes, when you're already fatigued, that keeps you from starting.

So what do you do? With the built-in Goal Achiever function you just set your goal for a few minutes, or what's comfortable. As you exercise for the first few minutes, you start to feel better and enjoy your exercise. You've gotten over the most difficult hurdle - you've started! And guess what? Now you feel like exercising!

So go ahead, don't stop, just keep going! Why? Because once you reach your goal, the LifeBeat Goal Achiever function starts counting up from your original goal and doesn't stop - until you stop. Now you can go for 20, 30 minutes or however long you want to go.

### TRACK YOUR PROGRESS WITH UNIQUE LIFEBEAT FEATURES:

- Easy to use your first time
- No learning curve
- Patented Goal Achiever™
- Makes starting workouts easy
- Motivates you to keep going
- Tracks performance in elapsed or goal:
- Number of turns
- Time on machine
- Calories burned
- Multiple goal combinations
- Also tracks:
- Speed of turns – average, peak & current
- Percent of side-to-side travel – average, peak & current
- Goal achievement
- Audible and visible goal indication
- Large, visible display
- Large easy-to-use buttons
- Stores multiple users
- Automatic or manual pause
- Additional features:
- Enter weight in either pounds or kilos
- Battery or AC power
- Multiple mounting options
- Automatic shut off

#### Stores multiple users

Create up to 8 unique user settings to personalize your workout.

#### Timer

Records your workout time in either elapsed or goal mode.

#### Calories

Tracks how many calories you have burned in either elapsed or goal mode for the frame and accessory you select.

#### Percentage of side-to-side travel

Everyone has a strong turn and weak turn. The LifeBeat helps you recognize muscle imbalances by tracking how far down the rails you travel to the left and right. With real-time measurement, you have the perfect way to measure and correct your weak side and leg imbalances. At the end of your workout, you can see what your average and peak values were for each leg.



# Built in Heart-Rate monitor

The different ways the LifeBeat monitors heart-rate data:

- **Current Displays** – Real-time information on your current heart-rate.
- **Target Heart-Rate Zone** – Target heart-rate zone is the range between 65% to 85% percent of your theoretical maximum heart-rate.
- **Average** – Creates an average value based on your heart-rate over the duration of the workout.
- **Time in Target Zone** – Displays the total “minutes” you spent within your target heart-rate zone throughout the duration of the workout.



## Footpad Code

Select the code for your machine and accessory to ensure accurate calorie count.

## Turns

Tracks how many turns you have made in either elapsed or goal mode.

## Speed

Tracks the speed and intensity of your turns in current, average and peak values.



Use with stand or Assistant  
Coach Balance Bar



# Gate Keeper™ Feedback System

Available for all models

The Gate Keeper sets an audible, visual and physical target for workouts and training. The system counts how many turns you make and how long you're on the machine. Ideal for competitive racers who like to test their limits – and exceed them! Kids love the challenge of hitting the flags and trying to beat their previous total.

Each time you hit a flag, while moving from side to side, an electronic sensor "counts" a turn and records it on a large digital display along with the elapsed time. A successful turn is when the user engages or hits the flag and causes the sensor system to register the turn.

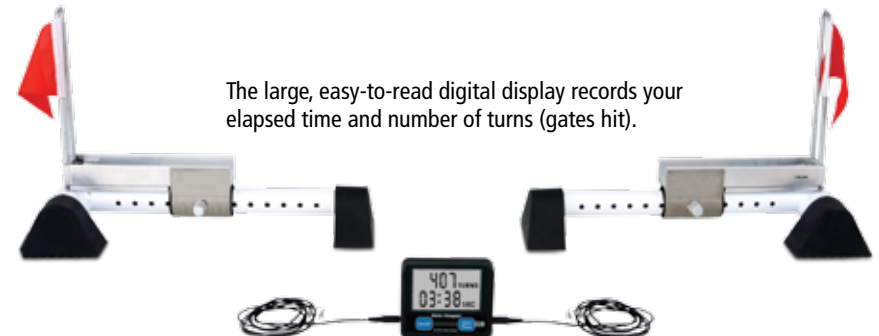


# EXCEL

*"It is the only way to train and condition the rapid extension/retraction movements one experiences on a tough, demanding race course."*

Oliver Nindl •

Head Coach, at world famous  
Hugo Nindl Atomic Racing Camp  
Hintertux, Austria



The large, easy-to-read digital display records your elapsed time and number of turns (gates hit).



## ELT™ Kit

Available for T5 and QS5 models only

### ELT – Extra Lateral Tension Kit

The ELT Kit is for people who want to add more resistance to their machine and is recommended if you weigh over 215 lbs. The kit adds a third power band that increases the number of resistance settings from 11 to 18. The ELT comes standard with the World Cup Plyometric Power Series and can be added at any time to the Classic and Big Mountain Series.

The ELT Kit is easy to install and is a great tool for increasing the intensity of your workout.



## Transport Wheels

Available for all models

Moving your Skier's Edge around couldn't be easier with the Transport Wheels. These durable wheels are equipped with precision bearings for smooth rolling action. The Transport Wheels make it easy to store your Skier's Edge when not in use.



Big Mountain QS5 with Transport Wheels

## Adjustable Poles

9 height positions to perfectly accommodate all users. Made of light weight aircraft aluminum with ergonomic grips for comfort. Non-marking rubber tips protect floors and furniture. Optional upgrade for any T5 or QS5 machine. (Come standard with the LT Carver)



# Upper Body Edge™

Available for T5 and QS5 models only

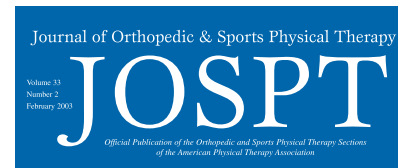


Shown attached to the RPM plate.

**Recommended  
with the QS5**



- Pilates workout for the entire upper body, shoulders, arms and back.
- Rated by the JOSPT (Journal of Orthopedic & Sports Physical Therapy) as one of the best core workouts available.
- Handles adjust quickly with seven different width settings.
- Requires RPM platform (interchanges with RPM footpads.)



*"The Skier's Edge device appears to be more demanding for core stabilization muscles than either the mat exercise or those accomplished using the Swiss Physioball."*

From an EMG Study by University of Kentucky published by JOSPT



# QS5 Upgrade Kit

– You can upgrade your T5 to a QS5 anytime!

The **QS5 Upgrade Kit** is the most significant improvement in the history of the Skier's Edge. It takes the T5 models to a whole new level and is the smoothest and quietest Skier's Edge available. Feels like you're skiing 5 inches of new powder on a corduroy base.

- Precision designed aircraft aluminum rails.
- Carriage with custom molded urethane wheels to dampen vibration and eliminate noise.
- Available in three frame heights.
- Install it yourself in about 1 hour. No extra tools required.
- Ultimate, top-of-the-line Skier's Edge.

Easily upgrade your **T5**

to the **QS5**



The QS5 rail design transforms the machine into a functional piece of excellence, not just a work of art.

It feels like skiing on the world's greatest and softest snow! The QS5 Kit provides a tough finish with outstanding corrosion protection, resistance to wear and it's easy to keep clean.

Quiet and smooth rail system **5**



Step 1: Remove T5 carriage



Step 2: Install lower QS5 rail supports



Step 3: Install upper QS5 rail supports



Step 4: Install new QS5 carriage

# "Nothing tastes better than the feeling of thin... and having fun getting there!"

## What sets the Skier's Edge apart from other exercise equipment?

It works on weight transfer, balance and agility - characteristics of constant motion while on the machine. This allows individuals to raise their heart rate to target zone, thus increasing their cardiovascular fitness. In fact, it is possible to burn over 1,540 calories per hour on the Skier's Edge. It builds strength through lateral motion. This will increase both endurance and flexibility.

## Why is it necessary to train lateral motion?

Side-to-side movements are common to all sports - tennis, skiing, basketball etc. It is very hard to train muscles for that kind of motion. The Skier's Edge not only trains the muscles, but also trains them to recall the movement when performing that action during a game.

## What about those people with sensitive knees and/or ankles?

### Does the Skier's Edge put too much pressure on those areas?

Not at all. The Skier's Edge is a non-impact form of exercise. The machine moves by exerting body weight against resistance. Your own body weight is the safest weight to work against. There is no risk of injuring muscles or joints this way.

**"I dropped 1/2 inch from my waistline the first week. It's the first exercise that I can remember that I actually look forward to."**

D. Holsinger • Boise, ID

*"This is the best exercise and conditioning equipment I have ever used. The key word here is used. I am maintaining an 81 lb. weight loss and I use this equipment because I enjoy it!"*

A. Shelton • Irving, TX



## Burning up to 1,540 calories per hour helps you look and feel great!

*"The Skier's Edge is unique because it is both a skill builder and an aerobic conditioner. It exercises the abdomen, lower back, gluteus maximus (buttocks) and all of the major muscle groups in the legs.*

*These are the target areas all of us want to keep trim and fit. And, the Skier's Edge works those muscles in a totally different way than traditional machines like a bike or stair climber."*

Leslie Bianchi-Morrow •  
Former Miss Fitness America

### **"This is the first exercise machine I have used that is actually FUN!"**

*I get the same burn from a workout that I do from skiing."*

M. Chenoweth • Eagle, CO

*"Great machine. The whole family loves it. The multi adjustments are easy enough for the 12 and 14 years old to use and my wife is strengthening her ankle that she broke last year."*

N. Morin • Winterport, ME



# "In addition to being the #1 Ski Conditioner in the World, the Skier's Edge is the Ultimate Hips, Butt and Leg machine."

The skier's Edge is a fun, non-impact cardio workout that can burn 150% more calories than intense aerobic group workouts. Problem areas - waist, hip, thighs and buttocks - become leaner and trimmer. The result is a stronger, leaner and better looking body. With the Skier's Edge, you'll have more energy, less stress, and look great.

*"Mere words can't describe my excitement and satisfaction with my Skier's Edge. The benefits have been phenomenal. I've already noticed improvement in my stamina and strength. **Then there's been the added benefit of losing 9 pounds and 6-1/2 inches off my hips and thighs in less than 2 months!** I'm definitely hooked!!"*

M. Alton • Roanoke, VA

*"A second time around skier at 70, I was out of shape, overweight, and recovering from back surgery. I hopped on your Skier's Edge and my skiing has improved to a level '9', I've lost 15 pounds, not to mention my improved balance and endurance. A great machine for all ages, fun to use and the rewards are all what your advertising claims.*

R. Looney • Victor, NY

*"Excellent machine...**In two weeks I dropped weight and an inch off my hips and thighs.** The increase in my aerobic capacity was huge and I didn't fatigue on our 3 day ski trip. I have also been using the Skier's Edge to rehab my foot which I broke a year ago and my knee where I tore my muscles. I'm now using it on my patients who have been injured."*

Dr. J. Kerin • Castle Rock, CO

*"After 15 minutes post assembly, my 12 year old daughter said : 'Don't worry about sending this back, this is awesome'."*

B. Bohus • Inkom, ID



# The #1 Sports-Specific Lateral Cross-Training Tool.

Many seasonal sports such as tennis, golf, football and basketball provide an excellent overall workout. All of these activities require the same basic skills – some form of lateral motion, balance, weight transfer, power, core strength and good aerobic capacity. However, training for them during the off season can be difficult, because it is hard to find a single activity that will improve your performance in each sport. Until the Skier's Edge, there was no machine that could develop lateral power and agility while also building aerobic capacity and core strength. The Skier's Edge has become the ultimate cross-training machine because it builds strength and endurance while developing sports-specific skills.

## **GOLF**

All Golfers know how essential lower body agility and strength are for proper weight transfer during the golf swing. The Skier's Edge helps you develop lower-body agility and strength, while helping to improve your weight transfer, driving distance, swing consistency and club-head speed.

## **TENNIS AND RACQUETBALL**

Only 25 percent of the power in any player's game comes from the racquet. The other 75 percent comes from strength, stroke mechanics and timing. The Skier's Edge gives you the lateral strength and agility you need for quickness and improved court coverage.

## **WATER SKIING**

Traditionally, water skiers have had to train in the water behind a boat. The Skier's Edge has changed that and water skiers now have a way to practice proper weight transfer year-round.

## **BASKETBALL, FOOTBALL, SOCCER**

These sports demand players to be fast, quick and strong. Most important, a player needs lateral strength and excellent cardiovascular fitness. Traditional training methods can develop most of these attributes, but it takes the Skier's Edge to build lateral strength to give you that extra edge.

## **RUNNERS AND CYCLISTS**

The anaerobic and aerobic qualities of the Skier's Edge maintain peak performance through non-impact workouts year-round. You can train indoors and stay in top condition, even in inclement weather.

## **HOCKEY**

The Skier's Edge is a functional training tool for hockey players. It works the larger muscles of the legs and develops the small complex muscles of the ankle. The Skier's Edge teaches hockey players proper edge work and gives the lateral strength and agility needed for quickness of the game.



*"The Skier's Edge has become a part of my daily exercise routine... The Skier's Edge Big Mountain has helped me in my cardio and core improvement. These improvements have helped my overall game and improved my control of my golf swing. **The Skier's Edge is a great product in developing endurance, coordination as well as balance and hand-eye coordination.** And with all that, the Skier's Edge is really fun to use."*

Fred Funk • PGA TOUR Champion



*"Without a doubt, the Skier's Edge is a necessary addition to everyone's conditioning and rehabilitating programs. It's safe, easy to understand and players enjoy the positive results. All baseball players can benefit from the Skier's Edge. I use it for 30 second bouts for my infielders. This is a great machine to use as an adjunct, in the off-season, to maintain one's quad strength, balance, and endurance."*

John Adam • ATC  
Head Athletic Trainer Milwaukee Brewers



*"**The Skier's Edge is an excellent training device that has helped me gain quickness in my lateral movements** on the court. It has also helped to rehab my ankle sprain, preventing further injuries and improving my stability while playing tennis. The Skier's Edge has also helped me to achieve coordination, balance, agility and strength of my lower legs...."*

Andy Roddick •  
One of the top mens singles tennis players in the world



*"I set up an off-season training program for Andy Roddick. After evaluating Andy's lower extremity and core strength*

*I developed a program for him, which included intense training on the Skier's Edge. It enhanced Andy's lateral quickness and power, as demonstrated by his success."*

Robert Donatelli •  
PHD, PT, OCS National Director of Sports Rehabilitation, Physiotherapy Associates, PGA & APT tour Physical Therapist



*“**Football is a very dynamic sport that involves quick movements and sudden changes in direction, making the Skier's Edge World Cup Plyometric machine the perfect training tool for working with some of the world's best athletes. The New York Giants have been using the Skier's Edge for the last ten years to help rehabilitate our players following injury and improve athletic performance. The Skier's Edge engages the upper and lower extremity and core, like football, helping our players perform at a championship level.**”*

Ronnie Barnes •  
Senior Vice President of Medical Affairs/Head Athletic Trainer  
New York Giants Football

# What our Customers Say:

We have received over 9,200 letters from our customers praising the Skier's Edge and how it has dramatically improved their skiing, weight loss, sense of well being and performance in other sports.

*"I think your machine is tops. I heli-ski each year, have skied for 54 years, and think this is the best workout for skiing I've experienced. The Powder/Mogul Master has turned my powder fantasy into reality."*

L. Bloomer • Los Angeles, CA



*"After skiing my first time I was immediately hooked. I purchased my Skier's Edge and immediately started using it. During this ski season I had the confidence to take on just about any trail on the mountain, including the double black diamond trail. I noticed that I improved in carving, pole plants, balance, and could take on just about any surface; ice, powder or groomed. Thank you for such a great product!"*

D. Niemeier • Valencia, PA

*"I am 66 years old and until I purchased my Skier's Edge had been a mediocre skier. My skiing improved dramatically, immediately and continued to improve. During a trip to the Canadian Rockies I skied terrain more challenging that I'd ever hoped to ski even as a much younger person."*

S. Mooser • Portland, OR

**"The motions of the Skier's Edge are exactly the same as those required on the slopes,** and my skiing has undergone an amazing improvement since I started using it. It is easy and fun to use, and I would recommend it to anyone who wants to see a quantum leap in their ski technique in the shortest possible time!"

A. Harris • Albuquerque, NM

*"Well, I purchased this to strengthen my legs and keep in shape all year long, but I find the rest of the family hogging it. What a well-built, great machine. Simple words – Love it, wish I had bought it years ago!"*

A. Paquette • Southbury, CT



*"I owe the best powder days of my life to Skier's Edge. It helps me put together the power, balance and rhythm so critical to getting the most fun out of skiing in all terrain and all conditions – especially deep powder, where I swoop and dive like a fighter pilot, grinning from ear to ear with freedom and exhilaration!"*

B. Jennings • Spokane, WA

*"I purchased the Skier's Edge because of the long distance to any ski resort. The Skier's Edge lets me get ski-fit before I make my first trip. I am able to ski runs that I would not have tried before!"*

R. Spurgeon • West Plains, MO

*"My wife was unable to ski 'non-stop' top to bottom. 10 days after working out on the Skier's Edge, she is amazed that she can do it and her legs are not 'burning'. **This machine is without a doubt the best downhill/alpine ski conditioner/trainer on the market today.** I highly recommend this machine for anyone serious about improving their skiing."*

M. Johnson • Harwich, MA

*"As a ski instructor and ski patroller, I have been looking for some way to keep in ski shape in the off season. After 30 years of skiing, **I wish I had purchased it years ago.** Great system, works all the proper motions and muscles. I don't need 30 days to try it out. I'm keeping it! Great product!!"*

JC. Caldwell • Camillus, NY



*"We are very pleased with our decision to purchase this! I have already, in 2 sessions, learned more about edging than I learned in all my skiing years (20+) before. Love it!"*

C. Wells • Portland, OR

*"This is the best piece of training equipment I've ever purchased! Everything translates perfectly to making beautiful turns on the slopes. It works amazing as a cross-trainer for running and biking to strengthen my knees and keep me healthy."*

C. Mantin • Tomkins Cove, NY





“For five years I have been a terminal intermediate who only skied the groomed blue runs. Six months ago I started using the Skier’s Edge. I am now doing moguls and black diamonds without trouble and enjoying skiing more then ever!”

R. Blanche • Ashland, OR

*“By far the best fitness machine I’ve ever tried. It simulates the exact skiing movements. **No more wasting half your ski vacation getting used to the mountain runs.**”*

G. Abbott • Big Fork, MT

*“I purchased the Skier’s Edge this fall, with the hope to improve my skiing ability and condition. On my first day out I skied all the green and blue runs. On my second day of skiing I skied the entire mountain. Still not impressed? Well, this was my tenth time on skis (2nd season) and last year I fell on most blue runs and never dared a black diamond. Thanks to Skier’s Edge for the best investment in myself!”*

P. Lang • Gastonia, NC

*“Since receiving and using the Skier’s Edge we have experienced major breakthroughs in our skiing. Balance and stamina have increased immeasurably! Terrain and conditions that were avoided are no longer intimidating. Thank you for a great workout. P.S. I was never great with sports requiring side-to-side movement such as tennis. An improvement here was a real treat!”*

P. Pastore • Ridgefield, CT

# What the Experts Say: The world's greatest ski teams and racers can't be wrong.

Over the past decade, the Skier's Edge has been recognized by the best ski teams in the world for its conditioning value and ski specific applications. The Skier's Edge is such a vital part of their training and conditioning programs that it can be found in their training centers, in athletes' homes, plus it travels with them worldwide.



*"The Skier's Edge is a valuable resource when on snow training isn't available. **The snow isn't always there, but my Skier's Edge is.** I couldn't have made my comeback without countless interval sessions, single leg, double leg and core on my Skier's Edge."*

Sarah Schleper • US Ski Team  
3-Time US National Champion  
2010 Olympic Medalist

*"The Skier's Edge World Cup Plyometric machine replicates the essential eccentric loading that takes place in every turn I make on snow. It is difficult to find a training tool that allows for this type of work load."*

TJ Lanning • US Ski Team  
US National Downhill Champion

*"I use the Skier's Edge to simulate the movement patterns in skiing, and to build the endurance I need for the season..."*

Ted Ligety • 27 World Cup Podiums,  
Olympic Gold Medalist,  
5 National Championships,  
Over 64 top 3 finishes



*"Skier's Edge is a great way to stay and get into shape for the ski season. The World Cup Plyometric Power prepares me for the endurance needed on the World Cup Tour."*

Steven Nyman • US Ski Team  
Olympian and World Cup Winner  
2-time National Champion



*"...this is a unique and powerful tool in our program."*

Mag. Herbert Mandl • Head Trainer,  
Austrian National Ski Team

*"The new Skier's Edge racing machines are a must for the Swedish Team. We saw results quickly."*

Helmet Krug • Head Coach,  
Swedish National Ski Team

*"I continually train on the Skier's Edge during the summer and in the fall. The enjoyable **training on the Skier's Edge has given me many benefits and has helped me to win the World Champion's title in Giant Slalom, in St. Anton, Austria, as well as 14 World Cup Victories and an Olympic Medal.***

Sonja Nef •  
World Champion Giant Slalom,  
2002 Olympic Gold Medalist Giant  
Slalom, Swiss National Ski Team

*"While working as Performance Director for the British Ski & Snowboard Teams I recognized the potential of the Skier's Edge as an ideal ski-specific training tool for our British athletes. So when the opportunity arose to distribute the Skier's Edge in Britain, I jumped at the chance. The Skier's Edge is ideally suited for our market because the typical British skier only gets one or two weeks on snow each year. The **Skier's Edge physically prepares you for skiing, sparing you those initial days of aching legs.**"*

Graham Bell •  
Former British Ski Team member  
and Olympian

*"Modern ski technique emphasizes wide foot stance, parallel feet, good balance and even weight distribution. All of which are incorporated into the Skier's Edge. Result – muscle memory, learned at home that you can take to the mountain."*

Bill Skinner • 2013 Masters National Team,  
USSA Masters National Coordinator,  
Head Coach Park City Masters Program,  
2003 Masters Class 5 Overall Champion





“For over 10 years I trained with the Skier’s Edge machines. **Skier’s Edge for me was the key to success. The result: 20 World Cup Victories, 2 World Championship Titles, and an Olympic Medal.**”

Mike von Grünigen • Swiss National Ski Team, 4-Time Olympian, 7-Time World Champion, one of the best Giant Slalom racers ever.

*“For me personally, **the Skier’s Edge machine is the closest thing to skiing.** I couldn’t do without it. Whether it’s racing, skiing in powder, bumps, or crud, this baby covers it all.”*

Franz Fuchsberger •  
Worlds Greatest Powder Skier,  
6-time World Powder 8 Champion

*“Training with the Skier’s Edge is not only enjoyable, it is also very efficient. The Skier’s Edge machines have helped me in all disciplines. Now, in the disciplines of Downhill, Super G, and Giant Slalom, I am in the top 5 in the world.”*

Didier Cuche • 2011 World Cup Champion in Downhill, Super G & 2<sup>nd</sup> in Overall Title, Olympic Silver Medalist

*“The US Ski Team has been using the Skier’s Edge World Cup Plyometric Power year round as part of our race program. We have learned that the athletes are able to develop the anaerobic system in a very progressive way while using these sport specific components. The high intensity that the athletes are able to produce on the Skier’s Edge World Cup Plyometric Power develops the anaerobic system very effectively. Overall, we see the Skier’s Edge as a great tool for preparing our athletes for the intense load involved in ski racing.”*

Per Lundstam •  
US Ski Team Sport Science Dept.



# You CAN ski the entire mountain!

BY DAVE JONES

PSIA Level III Deer Valley, Utah, Featured in Skiing Magazine's Top 100 Instructors.

How many times have you been out skiing and decide to follow a friend down a steep run? It's a run that you've always wanted to do but didn't have the confidence to go down. You go along, knowing that it's out of your comfort zone. You stay cool and try to psych yourself up. No big deal, right? Ha! The run is steeper than you thought and bumps

**"...I gain the strength and endurance to master the most challenging runs. It's nice to be able to go top to bottom without stopping."**

just appear from nowhere. You wonder what you're doing wrong and why you're exhausted halfway down the run.

You ask yourself, why is every turn I make so much harder than the one before? The problem is a combination of lack of strength and endurance, which takes away your confidence. This causes faulty body alignment which may cause you to fall. You have two choices — not ski challenging runs or work out to become stronger.

By using my Skier's Edge Big Mountain machine for 20 minutes a day, I gain the strength and endurance to master the most challenging runs. It's nice to be able to go top to bottom without stopping. The

strength I've gained by using my Skier's Edge allows me to stay centered on my skis. I can tackle any pitch, moguls and powder with confidence.

I increased the level of my workouts even more by adding the Slope Simulator accessory to my machine. Slope Simulators allow you to train in the forward position

which develops total balance and control. By removing the pins from the front and back, they float forward and aft, so I work my ankles, shins and calf muscles. My goal is to keep my feet level while moving side to side in order to become stronger and improve my balance. By strengthening the muscles around my ankle, I can stay centered on my skis and not lean back. I am prepared for any terrain on the mountain, including moguls.

By following this training routine on the Skier's Edge, you'll be the skier who has the ability to ski the entire mountain and take any trail with confidence and style.



# The Big Mountain Series machine is the new trainer for skiers. NO, REALLY.

BY: JOHN STIFTER

— Writer for Powder Magazine

As soon as our intern Kade set up the machine, presumptions deflated. You've heard of Skier's Edge and probably seen one in action. Picture an older, fit guy sporting a Russell Athletic headband sliding from side to side in the corner of the gym, visions of virgin groomers at Deer Valley in his sights. That's what we had in mind. But since testing out the T5 Big Mountain Series edition, our Skier's Edge stereotypes have changed.

After sitting in the basement of POWDER HQ over the winter, the machine was finally pieced together in a swift 15 minutes. The team placed it in the middle of the office, and knocked out a sorry 30-second workout. After walking to the break room for water, we found members of the BIKE and SNOWBOARDER magazine staffs dropping in.

The machine mimics skis in the sense that the foot paddles are relatively loose and force the skier to be centered. The workout is surprisingly intense, no matter if you're on the easiest setting (1) or most strenuous (11). It requires a tremendous effort to slide back and forth, without hunching over and relying too much on the cross-country length poles.

as seen on: August 20, 2012

powdermag.com

Skier's Edge not only acts as the bicycle trainer of skiing, but it will become the dry land trainer for the U.S. Freeskiing Team, not just the U.S. Ski Team. Yes, that's right; slopestyle jock Bobby Brown and pipe empress Jen Hudak should use this thing in preparation for Sochi in 2014.

To the chagrin of the various magazine staffs in the building we had to send the machine back. Much like an office skate ramp, the Big Mountain Series provided a welcome reprieve from the silicon screens. It also ignited dreams of trenching groomers and making Skier's Edge claims in the lift line.

"Wow, you're skiing so fast and you look so fit!"

"Why thank you. It's the product of countless Big Mountain Series sessions. It's all in the slide, man..."

Even if you hate gyms and groomers, this thing proves that judgments should be thrown out until tried. That's right, Bobby. Your jump-to-jump transitions will no doubt be smoother after a healthy dose of sliding on these rubber power bands. Perhaps they'll even make a Freeskiing Series? Just be sure to rock that Under Armour headband.

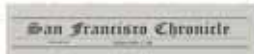




*"This company has established itself as a visionary giant when it comes to ski conditioning, sports-specific training, general fitness and rehabilitation."*



*"The Skier's Edge gives one hell of a workout even at moderate settings...it's no wonder the U.S. Ski Team is using this training device."*



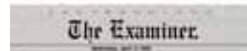
*"...work's wonderfully getting skiers' legs in shape ...Most indoor exercise equipment is oriented toward forward motion. The Skier's Edge takes the opposite tactic, however. It builds the lower body with lateral orientation. The advantages are obvious to anyone who plays tennis, handball, or other sports where lateral movement is a mainstay, and where building quickness, timing, balance, and rhythm are important."*



*"...more than that, it is the most fun you will have on any fitness machine on the market today. You don't have to be an athlete to find a use for the Skier's Edge."*



*"With ever increasing statistics, the amount of overweight people in America now outnumbers the total population of many countries. The point is that this machine is more than a secret weapon for skiers and athletes, it is a fun way to stay in shape."*



*"For those who can't face another set of pre-season leg squats from hell, there's the Skier's Edge... great for getting in shape and practicing technique."*



*"You can sharpen your downhill skills all year round with the Skier's Edge, an exercise/training machine that offers an intense aerobic workout for those on the slopes."*



*"It's the ultimate exercise machine, that's fun and easy to use. A great benefit to your weight loss program, it's also an ideal cross-training machine that will help you improve in your favorite sport without jarring your joints like other aerobic activities."*



*"Powder hounds, bump masters, cruisers, racers – hey, with the Skier's Edge you can get ready for everything. It's solid, smooth and lets you work up a serious sweat as you get your thighs ready for skiing."*



*"Consider the Skier's Edge an investment that will make you a better skier in the winter and a healthier person year-round."*



*"The Skier's Edge device appears to be more demanding for core stabilization muscles than either the mat exercise or those accomplished using the Swiss Physioball."*



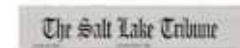
*"We've reviewed various exercise machines and we wholeheartedly recommend the Skier's Edge based on its superior design, craftsmanship, and wide array of critical accessory attachments."*



*"...also a conditioner for tennis, hockey, football, skating, sail boarding and water skiing...useful in rehabilitating knee injuries...15 minutes on the exerciser will exhaust the best of athletes."*



*"Skiers are not the only athletes who can benefit from the Skier's Edge. It also strengthens muscles for tennis, golf and other sports that require lateral movement."*



*"With the old straight skis, you rotated your whole body to turn. With shaped skis, you just roll your knees to get on edge. This machine makes it easier to learn how to do that."*

# What have you got to lose?

- Stuck in a rut
- Fear of black diamond runs
- Mid-run stops
- Frustration in powder
- Fatigue and exhaustion
- Fear of skiing crud
- Last one down
- Dread of bumps/moguls
- Dreading that “new run”
- Looking like a novice
- Aches and pains
- Your kids outskiing you
- Skiing 1/2 day on all-day pass



# You've selected your machine, your level of performance, your platform and accessories. Now you're ready to order!



## 30-DAY HOME TRIAL

We're convinced that once you try any Skier's Edge product, you won't want to live without it. Why? Because 98 percent of those who try our machines for a 30-day trial love it, use it and keep it. Try any of our products for 30 days. If they don't do all that we say they will, send them back for a full refund, less shipping and handling.

The Skier's Edge has built a strong reputation by producing exceptional products with unparalleled versatility and performance. At Skier's Edge, we champion Olympic athletes, seasoned professionals and recreational skiers alike and our guarantee is backed by decades of experience.

## WARRANTY

The Skier's Edge Company, for a period of four years from the date of original purchase of a Skier's Edge Company product, excluding those products with electronic components and excluding the replaceable and wearable resistance bands, will repair or replace, at its option, any part which may prove to be defective in materials or workmanship. Products with electronic components are limited to a one-year warranty period. The replaceable and wearable resistance bands are limited to a two-year warranty period.

Call us TODAY to order your Skier's Edge.

# 800.225.9669

U.S.A. & Canada

We accept all major credit cards!



## The Skier's Edge® Company

PO Box 2700 Park City, Utah 84060

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