



FMN FAMILY CHALLENGE #4

Can you complete the following skills while
on your skis?

- DEAD BUG**
- SNOWPLOW**
- HERRINGBONE**
- BALANCE ON ONE SKI**
- DOUBLE POLE**
- STEP TURN**
- SKI WITH JUST LEGS**
- SKI JUMP**

Take a picture or short video of you
demonstrating one of the skills and be featured
on our Instagram page.

Email the image to: admin@frostmountainnordic.org