

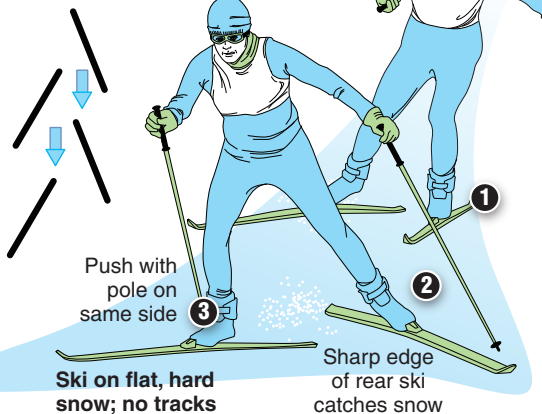
# One sport, two styles

Cross-country skiing is done in two styles, both requiring strength, endurance, flawless technique.



## Freestyle

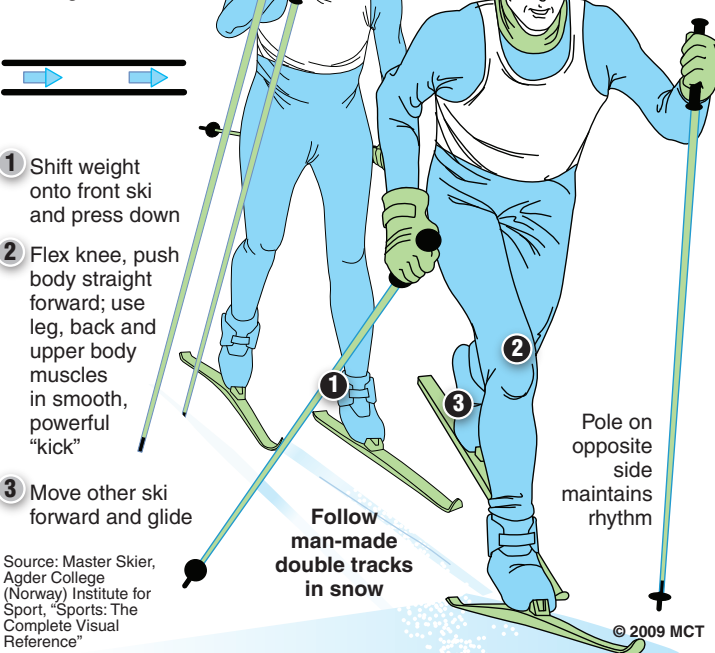
Skier moves diagonally in alternating directions



- 1 Put full weight on rear ski to maximize power; lift front ski
- 2 Push back and outward
- 3 Shift weight to front ski, which lands pointing diagonally outward

## Classical style

Skier moves powerfully in straight line



Source: Master Skier, Agder College (Norway) Institute for Sport, "Sports: The Complete Visual Reference"