

Fernie Nordic Society



I've tried or heard about the Cross Country Ski exercise machines--is the real thing similar to that motion?

All the XC Ski exercise machines try to emulate the Classic motion with a rhythmic opposite-leg/opposite-arm motion. All we'll say here is that some get closer than others.

The primary functional difference between the machines and "real skiing" is the fact that you actually have to balance out on the snow which is not a real factor with any of the exercise machines we've tried. Of course, not having to balance can be a good thing for some of us :-)! In addition, even the best exercise machines can only provide a fraction of the "total package" involved in cross country skiing. Nothing can compare to the joy of actually cruising across a sparkling winterscape feeling perfectly at ease with the motion and the wilderness.
