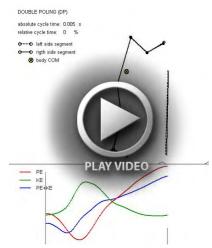
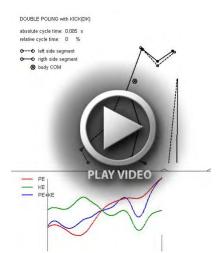


**Movie 1.** Stick figure animation of diagonal stride technique (DS). In the bottom part, curves for potential energy PE, kinetic energy KE and sum of energies (PE+KE) are reported. Data are referred to an average skiing cycle of subject 6. Use 'repeat' function on the movie player to see the stick skiing continuously.



**Movie 2.** Stick figure animation of double poling technique (DP). In the bottom part, curves for potential energy PE, kinetic energy KE and sum of energies (PE+KE) are reported. Data are referred to an average skiing cycle of subject 6. Use 'repeat' function on the movie player to see the stick skiing continuously.



**Movie 3.** Stick figure animation of double poling with kick technique (DK). In the bottom part, curves for potential energy PE, kinetic energy KE and sum of energies (PE+KE) are reported. Data are referred to an average skiing cycle of subject 6. Use 'repeat' function on the movie player to see the stick skiing continuously.