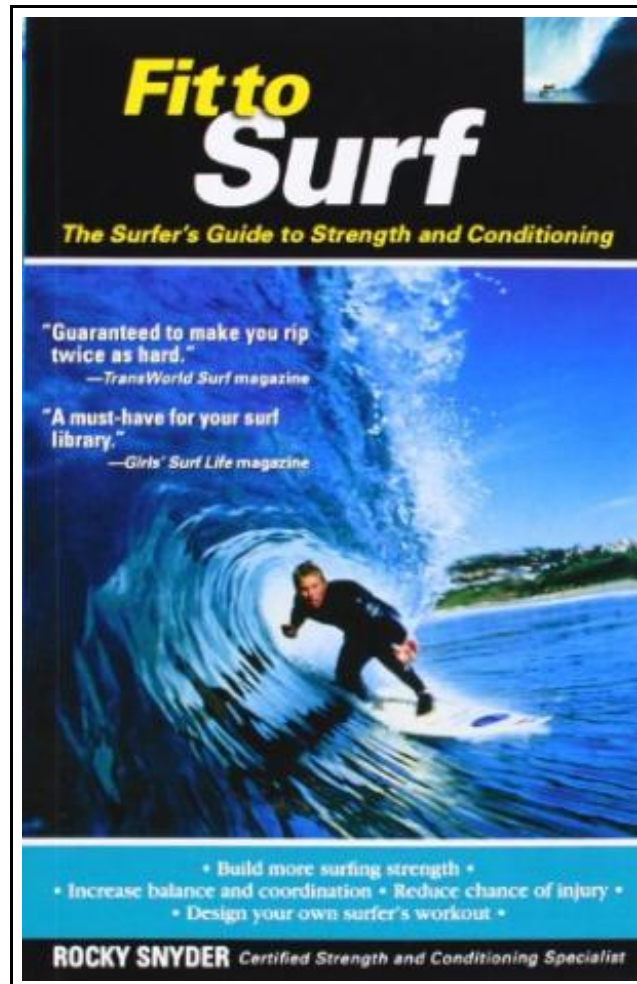


Fit to Surf: The Surfer's Guide to Strength and Conditioning



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Reviews

*This publication will be worth purchasing. It really is written in simple terms instead of difficult to understand. It has been designed in an exceptionally simple way and is particularly only right after I finished reading this ebook in which basically modified me, alter the way I believe.
(Prof. Loyce Runolfsson Jr.)*

FIT TO SURF: THE SURFER'S GUIDE TO STRENGTH AND CONDITIONING



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McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, Fit to Surf: The Surfer's Guide to Strength and Conditioning, Rocky Snyder, 'Guaranteed to make you rip twice as hard' - "TransWorld Surf" magazine. This book helps you to stay out longer, catch more waves, and perform more demanding maneuvers. Whether you're a veteran surfer or just discovering the thrills of catching a big wave, this surfing-specific fitness guide helps you become a better, stronger, more agile surfer. "Fit to Surf" gives you everything you need to create a personal fitness program that builds strength and increases endurance, fine-tunes balance and coordination, and minimizes your risk of injury. Renowned personal trainer and avid surfer Rocky Snyder presents easy-to-follow, step-by-step instructions for scores of illustrated exercises that you can perform at home, in the gym, or on the water. Complete with a muscle chart and a workout log you can use to organize your personal training program, "Fit to Surf" helps you improve your wave count, maintain a higher energy level, and master maneuvers that you thought were beyond your skills. It includes: flexibility training; sun salutation warmup yoga poses; strength training; medicine ball and stability ball training; skill transfer exercises; endurance training; surf team drills; and, detailed sample workout programs. 'An easy-to-follow guide' - "Longboard Magazine". 'A must-have for your surf library' - "Girls' Surf Life" magazine.



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