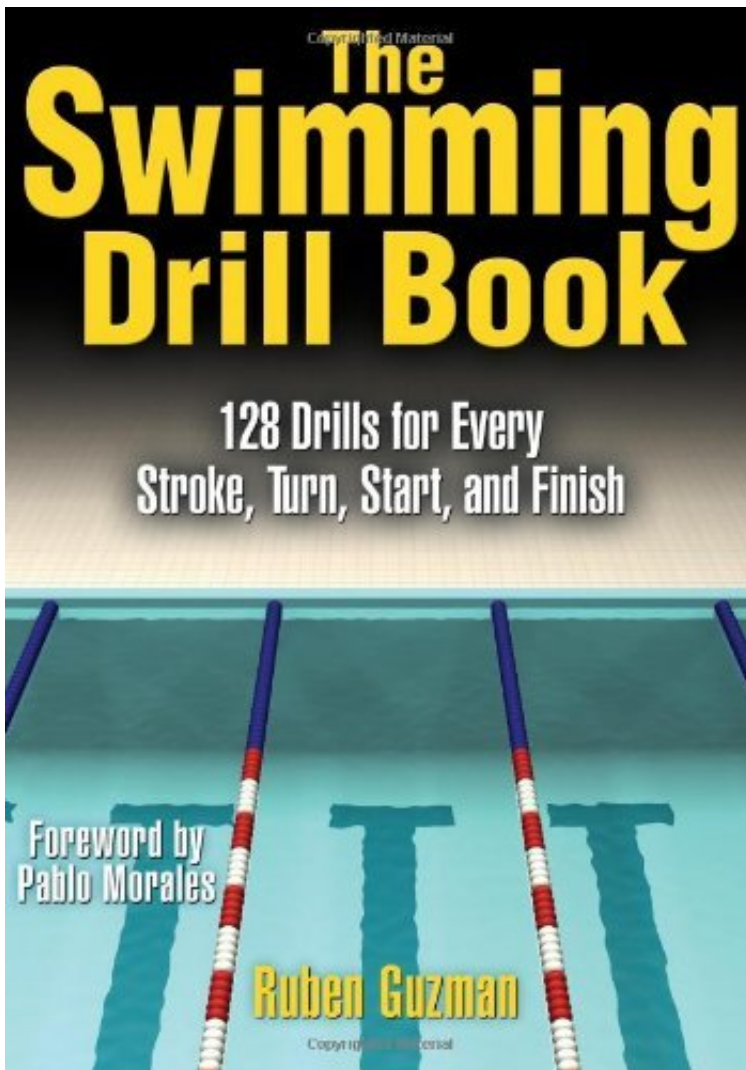


[Mobile pdf] File size: 78.Mb

The Swimming Drill Book



Par Ruben Guzman
*ebooks / Download PDF / *ePub /*
DOC / audiobook

Dtails sur le produit Rang parmi les ventes : #534659 dans eBooksPubli le: 2006-11-27Sorti le: 2006-11-27Format: Ebook Kindle

[Mobile pdf] The Swimming Drill Book

Par Ruben Guzman : The Swimming Drill Book before purchasing it in order to gage whether or not it would be worth my time, and all praised The Swimming Drill Book:

Download

Read Online

Description :

Prsentation de l'diteur Improve your times by improving your technique! Whether you are a competitive swimmer, coach, triathlete, or dedicated fitness enthusiast, The Swimming Drill Book will propel you to better results by maximizing efficiency in the water. With 128 highly effective drills, expert instruction, and more than 375 detailed illustrations, you can use this comprehensive resource to improve every facet of your swimming. Establish a greater sense of balance and position in the water; maintain perfect form for the freestyle, backstroke, breaststroke, and butterfly; and master the techniques for starts, turns, and finishes. Use the drills individually or create a personalized program based on your goals and fitness level. Either way, the tools you need are within your grasp.Dive into The Swimming Drill Book and see fast results! Prsentation de l'diteur Improve your times by improving your technique! Whether you are a competitive swimmer, coach, triathlete, or dedicated fitness enthusiast, The Swimming Drill Book will propel you to

better results by maximizing efficiency in the water. With 128 highly effective drills, expert instruction, and more than 375 detailed illustrations, you can use this comprehensive resource to improve every facet of your swimming. Establish a greater sense of balance and position in the water; maintain perfect form for the freestyle, backstroke, breaststroke, and butterfly; and master the techniques for starts, turns, and finishes. Use the drills individually or create a personalized program based on your goals and fitness level. Either way, the tools you need are within your grasp. Dive into *The Swimming Drill Book* and see fast results!