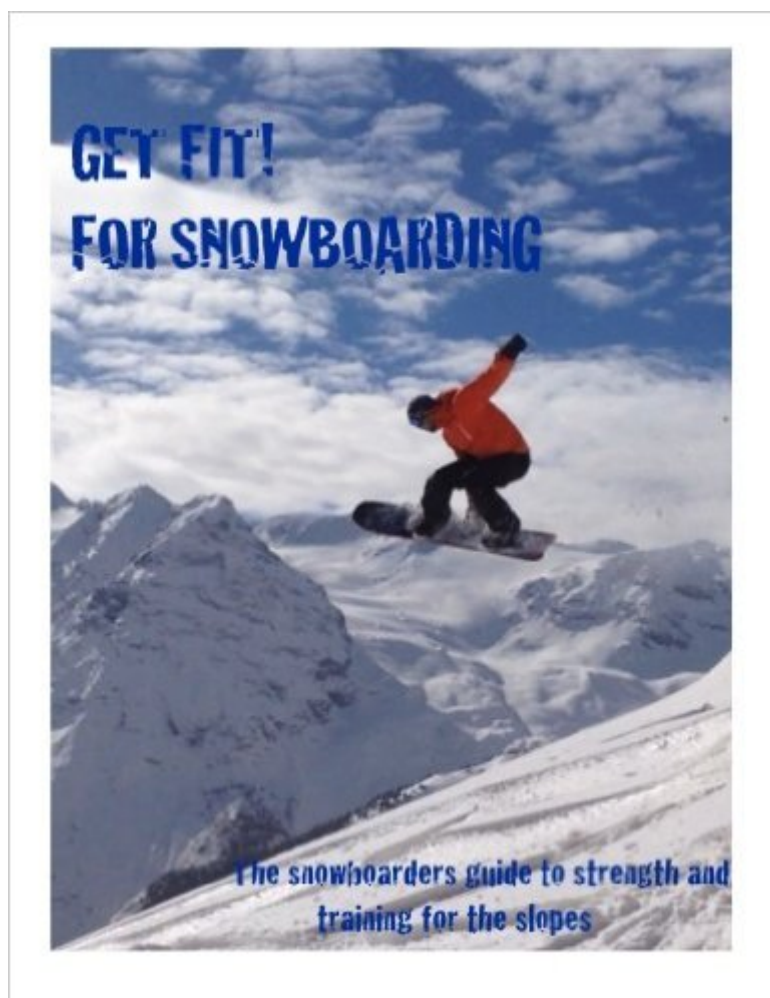


The book was found

Get Fit For Snowboarding: A Guide To Training And Stretching For Snowboarding



Synopsis

A useful guide for getting fit for snowboarding, whether you are a seasoned boarder or taking to the slopes for the first time this guide will help you become fitter for the slopes and reduce the risk of injury and aches and pains associated with this sport Using Yoga and Pilates amongst more traditional exercises the programmes can be tailored to suit the individuals needs With full detailed explanation and colour photographs to guide you through the programmes Written by an experienced snowboarder, who is a teacher of dance and yoga as well as a fitness instructor

Book Information

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Best Sellers Rank: #2,554,043 in Books (See Top 100 in Books) #101 in Books > Sports & Outdoors > Outdoor Recreation > Snowboarding #2544 in Books > Sports & Outdoors > Winter Sports #26804 in Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

This is an excellent guide for pre-season shaping up!

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