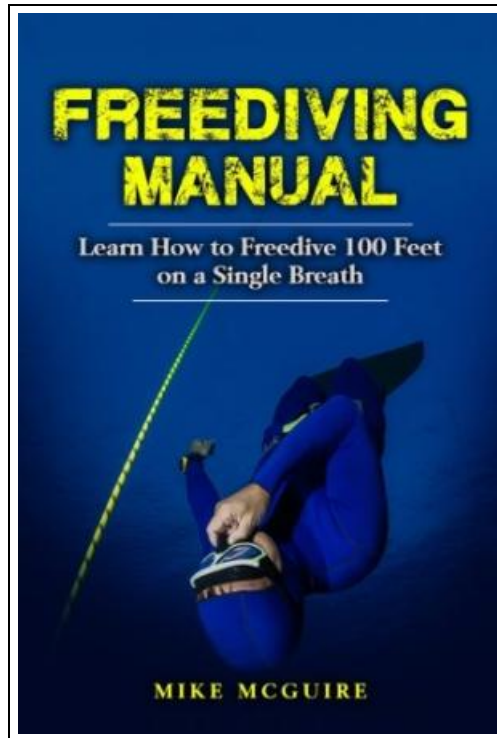


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Reviews

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FREEDIVING MANUAL: LEARN HOW TO FREEDIVE 100 FEET ON A SINGLE BREATH (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Freediving is one of the fastest growing water sports Not only is it easy to learn to freedive, you can dive all over the world. No matter where you go, you can always find a place to practice your freediving training. While you used to have to take weeks and weeks of classes to learn to freedive properly, you can now learn how to hold your breath, diaphragmatic breathing, and the very best freediving techniques, in this one, fun to read, easy to understand book. What will you learn in this book? - What freediving is. - How to avoid ear pressure when freediving? - How to keep safe during the exercises? - Different types of diving - How you can start diving almost immediately! - What kind of freediving gear or freediving fins to purchase. - Where the best diving locations can be found. - How to deal with the fear and anxiety you might encounter? - How to train for Freediving? - Breath holding and breathing techniques. Tips for holding breath longer underwater! - Safety and preparedness. What a diving buddy should do in an emergency? - And so much more.! While a class may seem like the best way to get into the freediving craze, in reality, you can learn everything you need to know from this book. It will teach you all about the different techniques, where to look for great freediving water, and even outline the best safety procedures. Like any sport that involves water, diving without scuba gear can be dangerous, but when you have the right gear and the right training, it is also the best way to see the beauty that the ocean holds....



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