



## How to Swim Butterfly: A Step-by-Step Guide for Beginners Learning Butterfly Technique (Paperback)

By Mark Young

Educate Learn Publishing, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.PLEASE NOTE: THIS BOOK IS AN EXPANDED REVISION OF MARK S THE COMPLETE GUIDE TO SWIMMING BUTTERFLY Always wanted to learn how to swim Butterfly? Do you find basic butterfly technique difficult? How To Swim Butterfly is your perfect guidebook, with over 20 simple exercises containing top tips and key coaching points. Fully illustrated and concise, you will discover: How to learn basic Butterfly in easy steps How to swim with smooth relaxed technique How to isolate and correct your bad habits The perfect aid for any complete beginner to learn, understand and practice and for any swimmer to adjust, correct and improve.



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