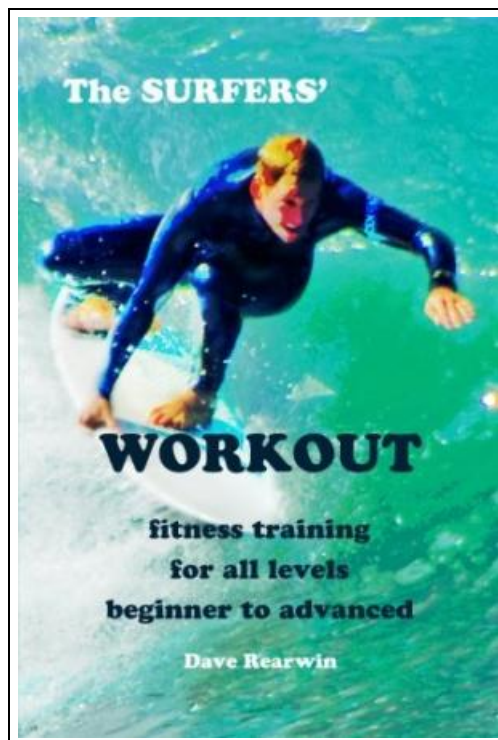


The Surfers Workout (Paperback)



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Reviews

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THE SURFERS WORKOUT (PAPERBACK)



Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Latest edition--updated and improved. New tips and explanations. New layout for easier reading (and Kindle viewing). The only workout book you ll ever need--designed especially for surfers and surfing. Effective, targeted, zero-impact exercises that provide a total body workout including stretches, agility, strength and conditioning. Work at your own pace, on your own time, whenever and wherever you choose. Most exercises require no equipment; those that do use only a pair of light hand weights. Created by a surfer, for surfers, the Surfers Workout is an update of the exercises provided in Surf Better (by the same author), for those who wanted the surfing workout in a more concise format, without the sections on surfing technique and ocean and wave information. Includes: Basic 15-minute workout you can do every day. 60-second mini-workouts when you re pressed for time. Complete set of over three dozen exercises and stretches for added variety and levels of difficulty. Now is a great time to get in shape and stay there. Surf better, live longer. I saw an Off the lip, center my ass by bringing my board back under me recovery floated by Dave--pretty awesome move and proof that his book is working.



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