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

Paperback: 50 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (February 9, 2014)

Language: English

ISBN-10: 1495419002

ISBN-13: 978-1495419003

Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â See all reviews (1 customer review)

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!

Download to continue reading...

Get Fit for Snowboarding: a guide to training and stretching for snowboarding Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy training, Puppy training, Puppy training ... your dog, Puppy training books Book 3) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training:

The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Get Fit, Stay Fit Back Stretching - Back Strengthening And Stretching Exercises For Everyone RUNNING: STRETCHING: Pre and Post Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs, Fitness, Strength) Stretching for Stiffies: A Full Body Pilates Reformer Stretching Routine for Every Body Stretching with Ease: An Illustrated Guide To Your Fit And Flexible Body SNOWBOARDING: A guide book on how to learn the extreme sports winter adventure (snowboarding games, extreme adventure, winter sports) PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience Puppy Training Guide Book Potty Training In 3 Days: Quick And Easy Guide To Potty Training Your Toddler In As Short As 3 Days (potty training, toddlers, toddler, toilet training) Snowboarding Basics: All About Snowboarding Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness (Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Puppy Training: How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training)

Dmca