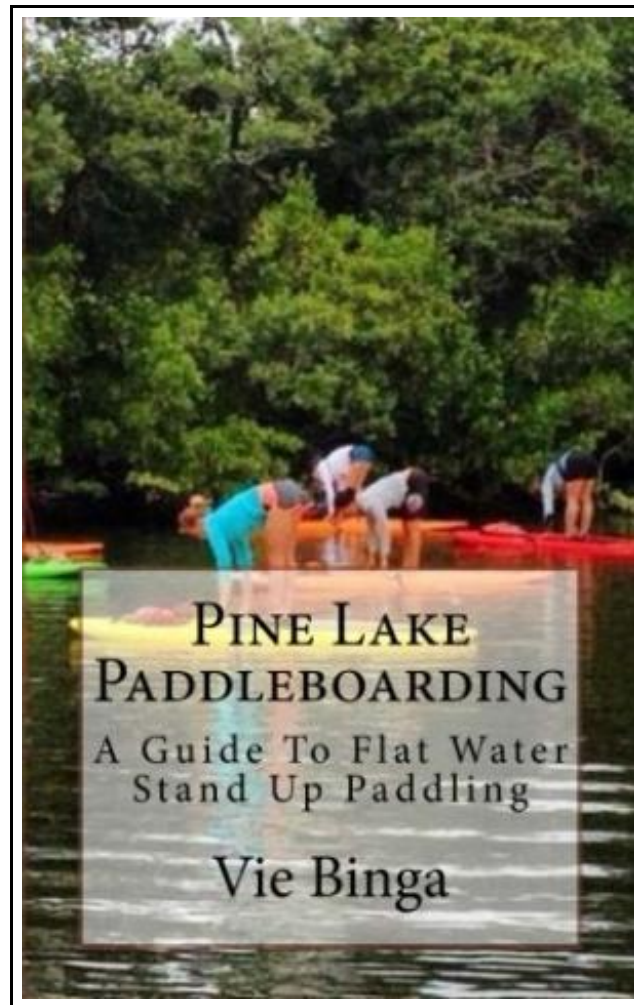


Pine Lake Paddleboarding: A Guide to Flat Water Stand Up Paddling (Paperback)



Filesize: 6.55 MB

Reviews

This published book is wonderful. It is really simplified but unexpected situations within the fifty percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Dr. Janis Reilly)

PINE LAKE PADDLEBOARDING: A GUIDE TO FLAT WATER STAND UP PADDLING (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you looking to try stand up paddling for the first time? Have you already paddled a few times and are now looking to purchase your own stand up paddle board? Do you want to safely introduce paddle boarding to your friends and family? Are you a yoga teacher or fitness instructor wanting to teach SUP Yoga or SUP Fitness? Are you a stand up paddle board retailer or SUP rental facility? Are you a long term stand up paddle boarder and want to learn more about your paddle board and SUP gear? Are you a fitness buff wanting to enhance your exercise regime? Are you an outdoor enthusiast looking for an easy year round activity? Are you an athlete looking to cross train? If you answered yes to any of the above, then this book is the answer to all your questions. This book begins by studying the gear that is essential for paddle boarding. If you already own or have otherwise access to a paddleboard and/or other SUP gear, this book will help you understand and appreciate what your gear is best made for. If you do not already have access to a paddleboard/gear, after reading this book you will be able to choose the board and gear that is best suited for your size, skills and needs. The book continues by going over essential skills such as proper stance, paddle strokes and muscle activation. Stand up paddle boarding, if performed right, will serve simultaneously as a great core strengthening and joint rehabilitating activity. We then cover the essential safety principles that you need to follow as a paddle boarder and also the...



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Relevant eBooks



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Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters! (Paperback)

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford's post The Day I Stopped Saying Hurry Up was a true phenomenon on

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Free Spirit Publishing Inc., U.S., United States, 2009. Paperback. Book Condition: New. 175 x 127 mm. Language: English . Brand New Book. Kids today are notorious for putting things off--it's easy for homework and chores

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Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Homeschooling: YOU CAN DO IT! If you are considering homeschooling, Overcome Your

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SIMON SCHUSTER, United States, 2009. Paperback. Book Condition: New. Children's Tk, Pete Whitehead (illustrator). Original ed.. 203 x 196 mm. Language: English . Brand New Book. Learn about recycling from a new perspective! Peek

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