



Fit to Surf: The Surfer's Guide to Strength and Conditioning

By Rocky Snyder

McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, Fit to Surf: The Surfer's Guide to Strength and Conditioning, Rocky Snyder, 'Guaranteed to make you rip twice as hard' - "TransWorld Surf" magazine. This book helps you to stay out longer, catch more waves, and perform more demanding maneuvers. Whether you're a veteran surfer or just discovering the thrills of catching a big wave, this surfing-specific fitness guide helps you become a better, stronger, more agile surfer. "Fit to Surf" gives you everything you need to create a personal fitness program that builds strength and increases endurance, fine-tunes balance and coordination, and minimizes your risk of injury. Renowned personal trainer and avid surfer Rocky Snyder presents easy-to-follow, step-by-step instructions for scores of illustrated exercises that you can perform at home, in the gym, or on the water. Complete with a muscle chart and a workout log you can use to organize your personal training program, "Fit to Surf" helps you improve your wave count, maintain a higher energy level, and master maneuvers that you thought were beyond your skills. It includes: flexibility training; sun salutation warmup yoga poses; strength training; medicine ball and stability ball training; skill transfer exercises; endurance...



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