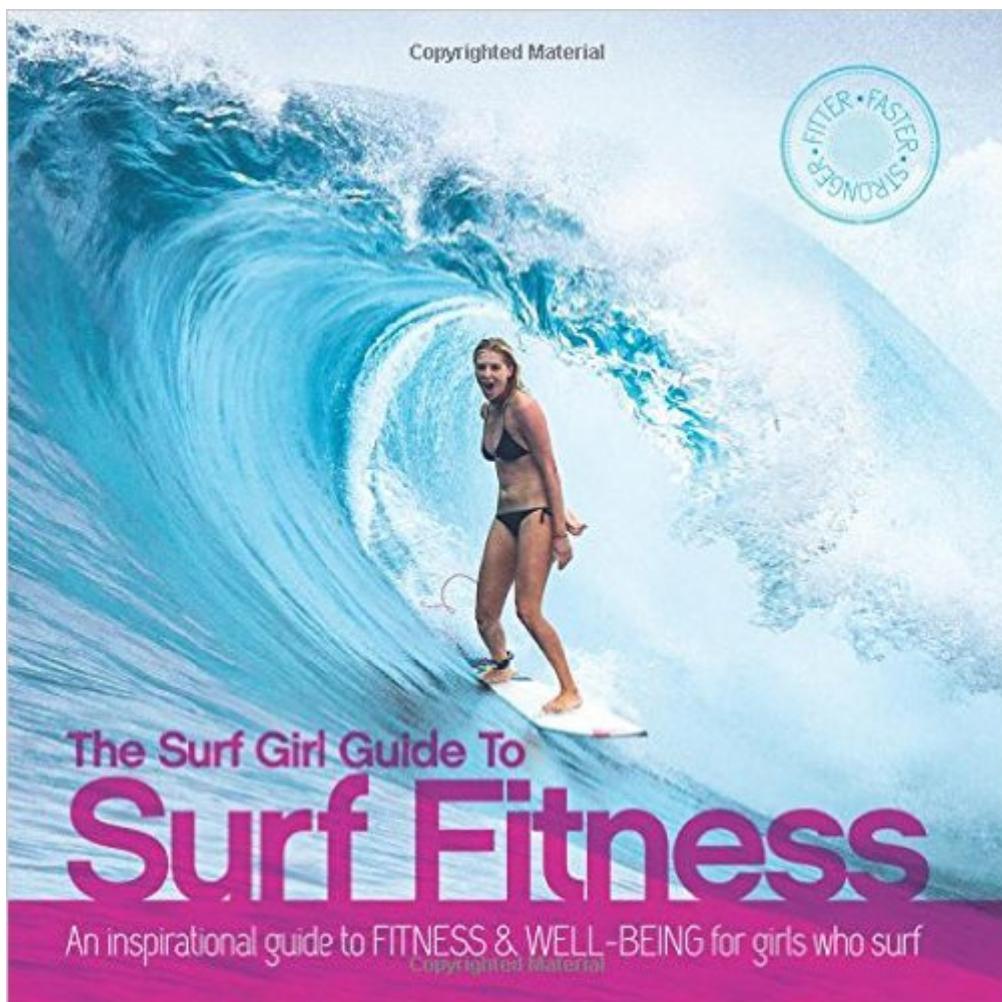


The book was found

The Surf Girl Guide To Surf Fitness: An Inspirational Guide To Fitness And Well-being For Girls Who Surf



Synopsis

Wish you could catch more waves when you go surfing? Wish you could surf for 90 minutes or more each session? Wish you could improve the power of your manoeuvres and really throw some spray? The Surf Girl Guide To Surf Fitness is a new book aimed at girl surfers of all ages and abilities, from beginner to pro. Illustrated with step-by-step exercises and packed with tips and advice, the book offers a complete training program which will increase your fitness, power and endurance for surfing. Using the latest training techniques, this book covers everything from stretching and flexibility exercises to core strength enhancement and resistance training. Sections on healthy eating, motivation and maintaining fitness are also included, and there's advice about improving balance and flexibility from top yoga and pilates coaches. To keep you energized, there's a selection of quick, healthy and delicious recipes to try out (with quantities given in both US and metric measurements). In the technique section you'll find instructional tips covering fundamentals like popping up, taking off and bottom turning. Cutbacks, top turns and more advanced maneuvers are also fully explained, each with a corresponding specific exercise which will help you turn up the power. The Surf Girl Guide To Surf Fitness will motivate you to improve your surfing, catch more waves, and have more fun. It's like having your own personal surf instructor, lifestyle coach and fitness guru all in one book!

Book Information

Paperback: 192 pages

Publisher: Orca Publications LTD, UK (November 26, 2015)

Language: English

ISBN-10: 0956789374

ISBN-13: 978-0956789372

Product Dimensions: 8.5 x 0.8 x 8.5 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #368,330 in Books (See Top 100 in Books) #91 inÂ Books > Sports & Outdoors > Outdoor Recreation > Surfing #125 inÂ Books > Sports & Outdoors > Extreme Sports #1147 inÂ Books > Sports & Outdoors > Water Sports

Customer Reviews

I love this book! It's a treat to the eyes and contains all the most relevant information a surfing girl or beginner could ever need! Seriously, very good info and very well explained exercises and reasons

to understand your body, health and surfing.

Beyond what I expected. Lots to look forward to and work on.

[Download to continue reading...](#)

The Surf Girl Guide To Surf Fitness: An Inspirational Guide to Fitness and Well-being for Girls Who Surf Attract The Right Girl: The Official Guide For Finding Your Dream Girl And Being The Man She Can't Resist The Stormrider Surf Guide Chile (Stormrider Surf Guides) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Coaching Girls' Softball: From the How-To's of the Game to Practical Real-World Advice--Your Definitive Guide to Successfully Coaching Girls Kabul Girls Soccer Club: A Dream, Eight Girls, and a Journey Home Girls Under Pressure (Girls Quartet, Book 2) Pretty Girls with Pretty Gapes: Some girls need to be stretched Texting Women: 7 Simple Steps From Text to Sex (Flirty Texts, Texting Girls, How To Text Girls, Art Seduction, How to Seduce a Woman, Funny Text, Pick Up Women, Funny Pick Up Lines, Picking Up Women) Is It Wrong to Try to Pick Up Girls in a Dungeon?, Vol. 4 - light novel (Is It Wrong to Pick Up Girls in a Dungeon?) The Casquette Girls (The Casquette Girls Series Book 1) Girls on the Edge: Four Factors Driving the New Crisis for Girls Is It Wrong to Try to Pick Up Girls in a Dungeon?, Vol. 2 - light novel (Is It Wrong to Pick Up Girls in a Dungeon?) PARENTING: Single Parenting For Moms: A Guide in Raising Your Family and Being a Successful Mom (Parenting, Single Parent, Single Mother, Parenting Boys, Parenting Girls, Raising Kids, Healthy child) Parenting For Single Mothers: Being A Good Mom And Raising Great Kids (Single Parent, Single Mom, Parenting Boys, Parenting Girls) BAD GIRL MOVIE POSTERS 1940-1980 VOL. 2: OVER 225 Movie Posters, Lobby Cards And Movies Stills Of BAD GIRLS And WICKED WOMEN BAD GIRL MOVIE POSTERS 1940-1980: OVER 225 Movie Posters, Lobby Cards And Movies Stills Of BAD GIRLS And WICKED WOMEN American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer Obsessive-Compulsive Disorders: A Complete Guide to Getting Well and Staying Well My Potty Reward Stickers for Girls: 126 Girl Potty Training Stickers and Chart to Motivate Toilet Training

[Dmca](#)