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# 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

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## Customer Reviews

This is an excellent guide for pre-season shaping up!

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