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# COMPLETE GUIDE TO SURF FITNESS: THE DEFINITIVE GUIDE TO SURF TRAINING WHATEVER YOUR LEVEL (PAPERBACK)



Orca Publications Ltd, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. One of the big challenges for surfers is maintaining surf fitness through flat spells and spells away from the ocean. This book will help surfers maintain their surfing fitness so they are stronger, fitter and have more explosive power. Even for those surfers who live close to the ocean and get to surf nearly every day, a dedicated fitness regime can help to improve their...

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- Authored by Lee Stanbury
- Released at 2011



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