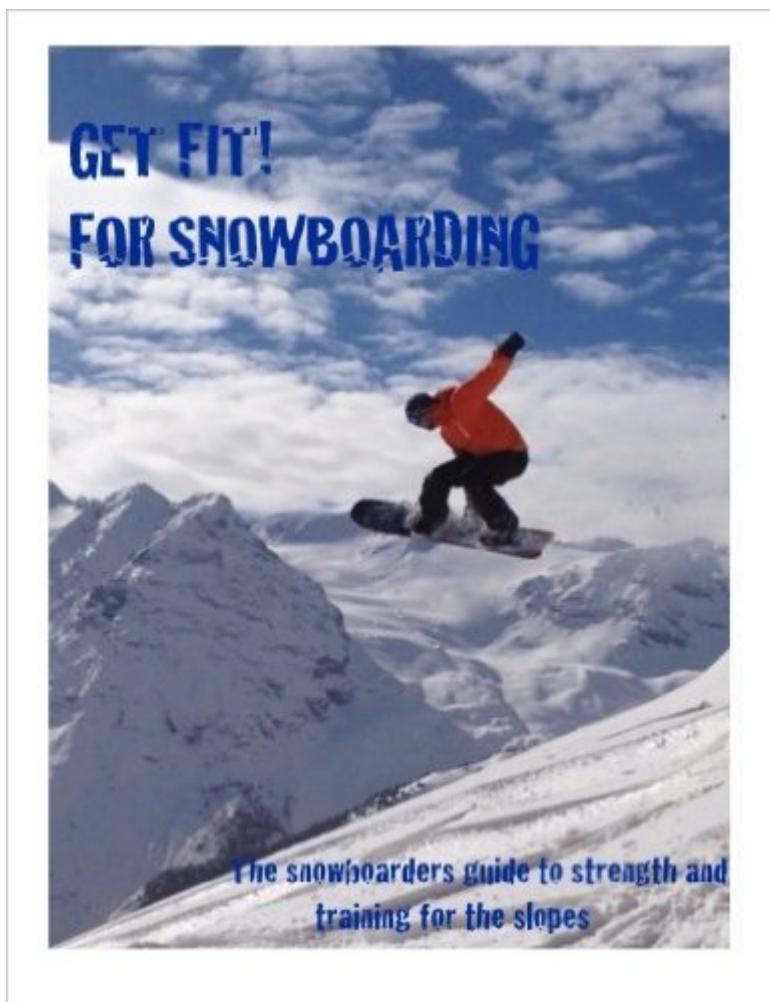


The book was found

# 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

Paperback: 50 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (February 9, 2014)

Language: English

ISBN-10: 1495419002

ISBN-13: 978-1495419003

Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ  See all reviewsÂ  (1 customer review)

Best Sellers Rank: #2,554,043 in Books (See Top 100 in Books) #101 inÂ  Books > Sports & Outdoors > Outdoor Recreation > Snowboarding #2544 inÂ  Books > Sports & Outdoors > Winter Sports #26804 inÂ  Books > Health, Fitness & Dieting > Exercise & Fitness

## Customer Reviews

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

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