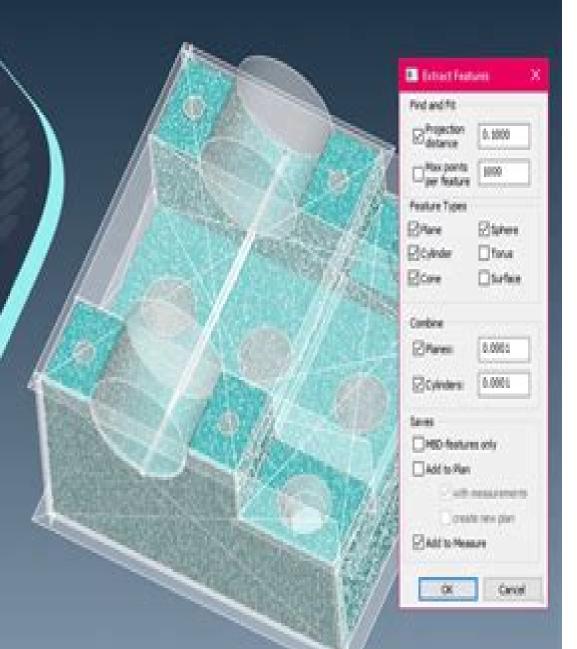
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Verisurf Training Manual

Mike McGuire

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Water Training Manual Professional Association of Diving Instructors, 1977 The Challenge S. A. Warner, 1990*

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outline the best safety procedures Like any sport that involves water diving without scuba gear can be dangerous but when you have the right gear and the right training it is also the best way to see the beauty that the ocean holds The main tenant of freediving is breath holding In order to access to lower depths you must train your body to hold its breath for longer and longer stretches of time This does not come naturally to the human body and to be able to hold your breath for more than a minute takes training and constant maintenance This book will teach how to hone your body and your mind for this intense experience Whether you are a novice looking to start this great sport or an experienced freediver looking for a refresher on safety techniques and gear there is no better book Look no further for the very best in breathing techniques freediving strategies and safety tips This sport is fun for all those who are willing to put the time and energy into learning the right methods and training their bodies If you are ready to start learning an exciting new sport of freediving grab your copy today Don't forget to claim a FREE Kindle version with your purchase of Paperback copy Check Out What Others Are Saying This is by far the most well rounded free diving book I ve ever read I practiced for many years and then took some time off I was realy looking for a refresher course prior to a long overdue abalone dive I really thought I knew it all from having so many years under my belt I was wrong I didn t know how much I still had to learn I practiced the excercises in the book for about a week before my dive I was nearly where I left off from my last dive years prior and within a month I plan to be on my A game Thanks to the author for providing such a detailed guide it s opened up a whole new perspective on the sport that I grew up with GrumpysGifts USA This guide is one of the best written and detailed books on diving out there For my personally holding my breath underwater was as hard as actual swimming so when I saw that there is a full chapter on how to master it I knew I have to take this book All the other tutorials and safety measures are well written so I am sure it will save a lot of lives I recommend this book to anyone passioned about freediving Five star for me Vlad Buculei Brno Czech Republic

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