

Walk on Water

A Guide to Flat Water Stand Up Paddling

Authors:
Vie Binga
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Jobe Leonard



Walk On Water A Guide To Flat Water Stand Up Paddling

Vie Binga

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular shape with a white center, resembling a stylized eye or a target, positioned to the right of the bar.

Walk On Water A Guide To Flat Water Stand Up Paddling:

Key West Paddleboarding Vie Binga, 2016-02-01 Walk On Water A Guide To Flat Water Stand Up Paddling Walk On Water A Guide To Flat Water Stand Up Paddling is the result of almost a decade of professionally teaching stand up paddling to thousands of people around the globe Are you looking to try stand up paddling for the first time Have you already paddled a few times and are now looking to purchase your own stand up paddle board Do you want to safely introduce paddle boarding to your friends and family Are you a yoga teacher or fitness instructor wanting to teach SUP Yoga or SUP Fitness Are you a stand up paddle board retailer or SUP rental facility Are you a long term stand up paddle boarder and want to learn more about your paddle board and SUP gear Are you a fitness buff wanting to enhance your exercise regime Are you an outdoor enthusiast looking for an easy year round activity Are you an athlete looking to cross train If you answered yes to any of the above then Walk On Water A Guide To Flat Water Stand Up Paddling is the answer to all your questions This book begins by studying the gear that is essential for paddle boarding If you already own or have otherwise access to a paddleboard and or other SUP gear this book will help you understand and appreciate what your gear is best made for If you do not already have access to a paddleboard gear after reading this book you will be able to choose the board and gear that is best suited for your size skills and needs The book continues by going over essential skills such as proper stance paddle strokes and muscle activation Stand up paddle boarding if performed right will serve simultaneously as a great core strengthening and joint rehabilitating activity We then cover the essential safety principles that you need to follow as a paddle boarder and also the principles that you need to adhere to when taking other people out on the water whether friends family or paying clients The methodologies that we are giving you come from having taught various forms of paddle boarding to thousands of clients throughout the years While keeping in mind that every one learns differently we have chosen what we consider the most essential and the most practical Even though we would like to believe that we have successfully captured the essence of flat water stand up paddling in a very comprehensive manner we understand that stand up paddling is a continuously evolving and developing sport Board construction gear availability sport etiquette fitness and exercise science real life situations are for example some of the parameters that constantly change Having said that we would love to hear how this book Walk On Water A Guide To Flat Water Stand Up Paddling helped you in your own stand up paddle explorations Is there something you would like to see added to Walk On Water Do you have an inspiring stand up paddle story you wish to share with your fellow paddle boarders It just so might be featured in our next revision We can be reached at training asktimandvie com Embrace Explore Live Learn Happy Safe Journey Tim Ganley Vie Binga *Hawaii Paddleboarding* Vie Binga, 2016-01-31 Walk On Water A Guide To Flat Water Stand Up Paddling Walk On Water A Guide To Flat Water Stand Up Paddling is the result of almost a decade of professionally teaching stand up paddling to thousands of people around the globe Are you looking to try stand up paddling for the first time Have you already paddled a few times and are now looking to

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Vie Binga, 2016-02-01 Walk On Water A Guide To Flat Water Stand Up Paddling Walk On Water A Guide To Flat Water Stand Up Paddling is the result of almost a decade of professionally teaching stand up paddling to thousands of people around the globe Are you looking to try stand up paddling for the first time Have you already paddled a few times and are now looking to purchase your own stand up paddle board Do you want to safely introduce paddle boarding to your friends and family Are you a yoga teacher or fitness instructor wanting to teach SUP Yoga or SUP Fitness Are you a stand up paddle board retailer or SUP rental facility Are you a long term stand up paddle boarder and want to learn more about your paddle board and SUP gear Are you a fitness buff wanting to enhance your exercise regime Are you an outdoor enthusiast looking for an easy year round activity Are you an athlete looking to cross train If you answered yes to any of the above then Walk On Water A Guide To Flat Water Stand Up Paddling is the answer to all your questions This book begins by studying the gear that is essential for paddle boarding If you already own or have otherwise access to a paddleboard and or other SUP gear this book will help you understand and appreciate what your gear is best made for If you do not already have access to a paddleboard gear after reading this book you will be able to choose the board and gear that is best suited for your size skills and needs The book continues by going over essential skills such as proper stance paddle strokes and muscle activation Stand up paddle boarding if performed right will serve simultaneously as a great core strengthening and joint rehabilitating activity We then cover the essential safety principles that you need to follow as a paddle boarder and also the principles that you need to adhere to when taking other people out on the water whether friends family or paying clients The methodologies that we are giving you come from having taught various forms of paddle boarding to thousands of clients throughout the years While keeping in mind that every one learns differently we have chosen what we consider the most essential and the most practical Even though we would like to believe that we have successfully captured the essence of flat water stand up paddling in a very comprehensive manner we understand that stand up paddling is a continuously evolving and developing sport Board construction gear availability sport etiquette fitness and exercise science real life situations are for example some of the parameters that constantly change Having said that we would love to hear how this book Walk On Water A Guide To Flat Water Stand Up Paddling helped you in your own stand up paddle explorations Is there something you would like to see added to Walk On Water Do you have an inspiring stand up paddle story you wish to share with your fellow paddle boarders It just so might be featured in our next revision We can be reached at training asktimandvie.com Embrace Explore Live Learn Happy Safe Journey [Paddling Britain](#) Lizzie Carr, 2024-10-04 This new thoroughly updated second edition of Bradt's Paddling Britain remains the definitive guide to stand up paddleboarding kayaking and canoeing increasingly popular waterborne activities that explore British coastlines and inland waterways Written by Lizzie Carr aka Lizzie Outside Britain's best known paddleboarder it showcases Britain's 50 best places to enjoy recreational paddling from Cornwall to Norfolk

Cumbria and the Cairngorms Stand up paddleboarding SUP in particular is sweeping across Britain giving people the opportunity to explore waterways ranging from city rivers to remote and untouched areas that would otherwise be left inaccessible Whether you re looking for a nice day out a weekend adventure or a more daring paddleboarding challenge Bradt s Paddling Britain will inspire and inform The waters of England Wales and Scotland are all featured from rivers and canals to coastal strips and island circuits Described in loving detail and with gentle humour each location contains practical information about how to find these distinctive spots and what to expect on your journey With Bradt s Paddling Britain you can paddle between two of the Scilly Isles in under 10 minutes or kayak across the UK s highest and longest aqueduct Alternatively you can paddle along Pembrokeshire s idyllic coast visit the Lake District s sole inhabited island which opens just five days a year or paddle in self indulgent tranquillity through the hustle and bustle of London Alongside detailed routes for each location plus tips on wildlife and secret spots Paddling Britain advises on where to stay and eat getting there and when to go It also provides the low down on everything you need to know for successful and enjoyable stand up paddleboarding from safety tips to kit weather watching to paddling responsibly The author Lizzie Carr says this book responds to the countless questions I receive from paddleboarders looking to explore new places and get new experiences from their SUP Whether people want to take their families for a weekend adventure or enjoy a camping getaway with friends Paddling Britain aims to answer these questions and inspire people to get outside and explore the UK water scene both coastal and inland

Lake of the Ozarks Paddleboarding Vie Binga, 2016-02-01

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24 Ways to Move More Nicole Tsong, 2020-10-01 Make movement part of your life From roller skating to hip hop dancing snowshoeing to tree climbing fitness can be fun Two new movement activities to try each month Features tips on how to get started easy goal setting and inspirational journal prompts Your body is made to move and is designed to adapt to a range of activity climbing sprinting carrying heavy things walking long distances Yet today we move less than ever before Yoga instructor and fitness expert Nicole Tsong wants to change that She has tried hundreds of different types of movement and in this new guide she shares which of those are the most fun accessible and body beneficial Detailing two new activities for each month of the year she describes her own experiences trying each movement then lays out a road map for readers to embark on a similar adventure starting at beginner level and moving up through Reach and Adventure goals For example readers can choose to walk 35 to 40 minutes twice a week for the whole month or they can slowly increase mileage each week working up to a 10 15 or 20 mile challenge Tsong also offers quick tips for getting started basic gear needs and costs and a Discovery section with questions prompts and journal space so readers can explore their own movement journeys

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