



# Secrets of Power Surfing - The Power Surfing Workout

*Dave Rearwin*

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## **Secrets of Power Surfing - The Power Surfing Workout** Dave Rearwin

The ultimate book for surfers, would-be surfers, and anyone who wants to get in shape and stay there. A detailed surf manual that includes surfing exercises, tips on how to surf better, photos, surf stories and more. This book and **Surf Better** have the only simple, effective, zero-impact, surf-specific workout available.

**Secrets of Power Surfing** is a unique surf book including:

- Stretching exercises: for surfing, for other sports, and for daily life.
- Surf exercises: specific exercises for surfing fitness in all phases of surfing, including paddling, popping up, board control and general flexibility and agility.
- How to surf: from observation to determination to common sense, a collection of tips and advice on how to surf better and have better surf sessions.
- Surf stories: a variety of surf scenes witnessed and surfing situations experienced, to illustrate the points made in the book.
- Surfing photos: each photo illustrates a point made in the book.

**NOTE:** Surfers looking for a more technical presentation of surf and surfing may prefer **Surf Better** by the same author.

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The reason? Because this Secrets of Power Surfing - The Power Surfing Workout is an unordinary book that the inside of the book waiting for you to snap the item but latter it will distress you with the secret that inside. Reading this book adjacent to it was fantastic author who have write the book in such amazing way makes the content within easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you for not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of benefits than the other book have got such as help improving your talent and your critical thinking way. So , still want to hold off having that book? If I ended up you I will go to the reserve store hurriedly.

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