



Fit To Surf

Rocky Snyder

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Fit To Surf

Rocky Snyder

Fit To Surf Rocky Snyder

Fit To Surf is the surfer's guide to strength training and conditioning. This book is filled with information and photographs to help an individual: build more surfing strength, enhance paddling endurance, increase balance and coordination, reduce chance of injury, and train individually or as a member of a surf team.

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