



The Surfers' Workout

Dave Rearwin

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Latest edition—updated and improved.

- New tips and explanations.
- New layout for easier reading (and Kindle viewing).

The only workout book you'll ever need--designed especially for surfers and surfing. Effective, targeted, zero-impact exercises that provide a total body workout including stretches, agility, strength and conditioning. Work at your own pace, on your own time, whenever and wherever you choose. Most exercises require no equipment; those that do use only a pair of light hand weights.

Created by a surfer, for surfers, the Surfers' Workout is an update of the exercises provided in Surf Better (by the same author), for those who wanted the surfing workout in a more concise format, without the sections on surfing technique and ocean and wave information.

Includes:

- Basic 15-minute workout you can do every day.
- 60-second mini-workouts when you're pressed for time.
- Complete set of over three dozen exercises and stretches for added variety and levels of difficulty.

Now is a great time to get in shape and stay there. Surf better, live longer.

"I saw an "Off the lip, center my ass by bringing my board back under me recovery" floated by Dave—pretty awesome move and proof that his book is working."

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From reader reviews:

Robert Gibson:

The book *The Surfers' Workout* gives you the sense of being enjoy for your spare time. You may use to make your capable much more increase. Book can to become your best friend when you getting anxiety or having big problem with your subject. If you can make reading through a book *The Surfers' Workout* to become your habit, you can get far more advantages, like add your own personal capable, increase your knowledge about a few or all subjects. You may know everything if you like open and read a guide *The Surfers' Workout*. Kinds of book are a lot of. It means that, science guide or encyclopedia or others. So , how do you think about this publication?

Jeffrey Drake:

Spent a free time to be fun activity to try and do! A lot of people spent their free time with their family, or their particular friends. Usually they undertaking activity like watching television, planning to beach, or picnic from the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could possibly be reading a book is usually option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to try look for book, may be the reserve untitled *The Surfers' Workout* can be good book to read. May be it might be best activity to you.

Tammy Medina:

The Surfers' Workout can be one of your beginner books that are good idea. We all recommend that straight away because this reserve has good vocabulary that may increase your knowledge in vocabulary, easy to understand, bit entertaining however delivering the information. The copy writer giving his/her effort that will put every word into pleasure arrangement in writing *The Surfers' Workout* yet doesn't forget the main stage, giving the reader the hottest as well as based confirm resource details that maybe you can be considered one of it. This great information can drawn you into fresh stage of crucial contemplating.

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