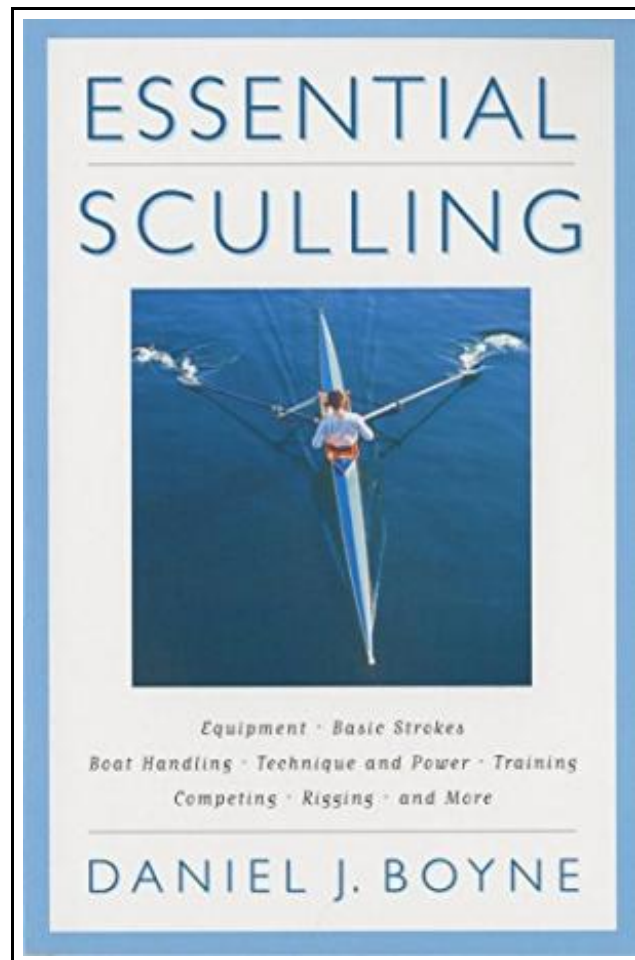


Essential Sculling: An Introduction to Basic Strokes, Equipment, Boat Handling, Technique, and Power



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It is great and fantastic. I actually have read and so i am certain that i am going to going to go through once again yet again in the future. I realized this ebook from my dad and i encouraged this book to find out.

(Dr. Kayden Gerlach)

ESSENTIAL SCULLING: AN INTRODUCTION TO BASIC STROKES, EQUIPMENT, BOAT HANDLING, TECHNIQUE, AND POWER



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The Lyons Press. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 8.8in. x 5.8in. x 0.5in. Here is a fully illustrated beginners guide to the art and skill of rowing. Sculling is swiftly becoming a popular recreational activity for adults of all ages interested in fitness and fun. Essential Sculling is an authoritative, concise, and thoroughly readable handbook focused on helping the novice become an accomplished sculler. With time-honored advice and edifying anecdotes, Daniel J. Boyne, director of recreational rowing at Harvard University, offers the finest instruction-for men and women alike-on all aspects of the sport, such as: Identifying and buying equipment Beginners technique Drills for blending technique and power Training for competition Rigging And much more More than a brilliant how-to manual, Essential Sculling is appreciation of sport at its best. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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