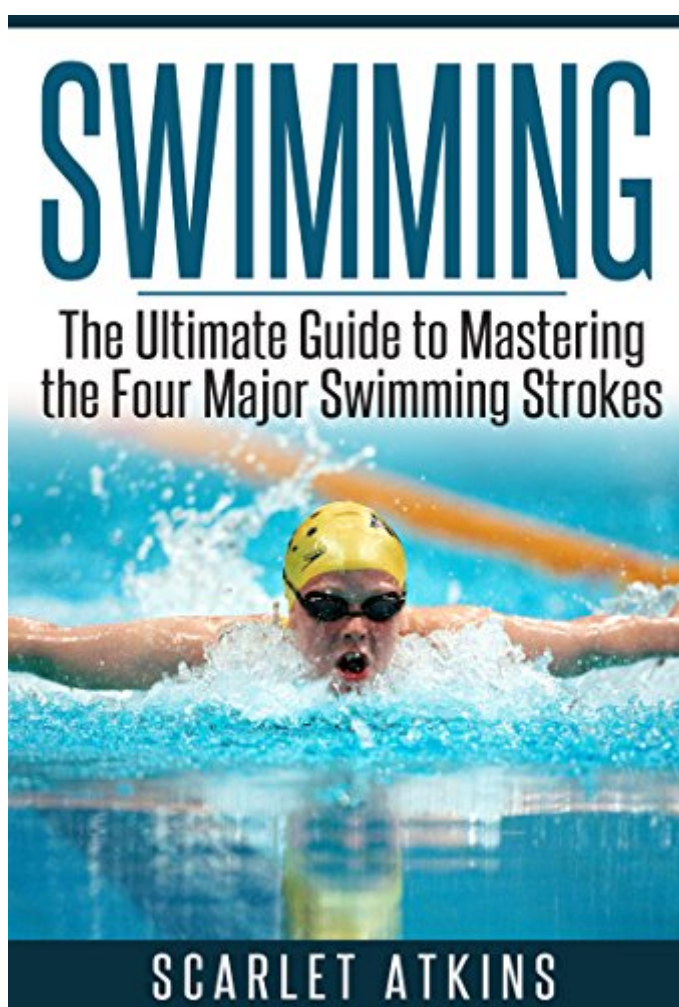


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SWIMMING: The Ultimate Guide To Mastering The Four Major Swimming Strokes



Synopsis

Welcome to the world of swimming! Get this kindle book for just \$0.99 for a limited period only. Regularly priced at \$2.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Dear aspiring swimmer, Thank you for downloading this book! It contains proven steps, advanced tips and drills in picking up and mastering the four major swimming strokes, i.e., the ubiquitous freestyle, the breast stroke, also known as the frog style, the backstroke and, finally, the challenging butterfly style. You will learn the different strokes and body movements required of each stroke. However, do not feel compelled to pick up all at one time. Pace yourself as you dip your toes into the water. Master the basics, and practise and practise them through the drills. Then dive into the advanced techniques and, again, practise repeatedly until you are, literally, like a fish in the water. Lastly, do not forget to incorporate perseverance, discipline and patience into your swimming regimen. In no time, you will be rewarded with a new set of exercise skills and a new bod to boot. Here Is A Preview Of What You'll Learn... Advantages of swimming Basics of the four major swimming strokes At least three tips and drills for each stroke Much, much more! Download your copy today! Take action today and download this book for a limited time discount of only \$0.99 before the price increases!

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Good guide on basic skills to improve my swimming strokes in my local team. It's clear and precise with easy to understand practical tips.

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