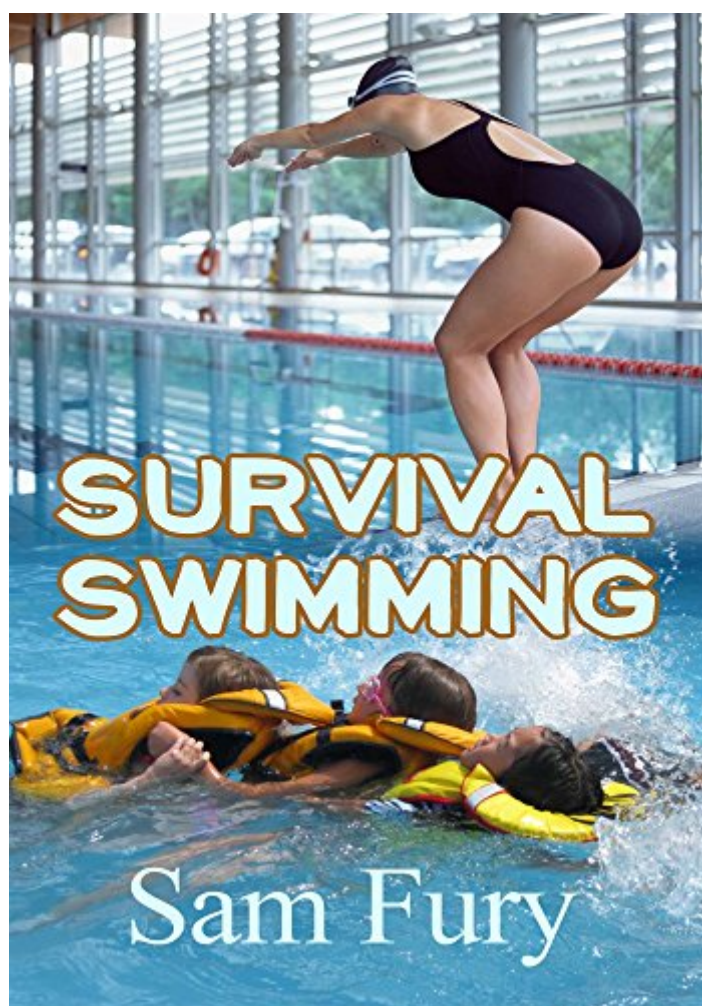


The book was found

Survival Swimming: Swimming Drills To Learn And Improve On The Five Best Swimming Strokes For Survival (Survival Fitness Series Book 4)



Synopsis

These Basic Swimming Skills Could Save Your Life! Whether you want to learn life-saving swimming skills or to dramatically improve your swim speed, technique and stamina, Survival Swimming: Swimming Drills to Learn and Improve on the Five Best Swimming Strokes for Survival will teach you how. Note: Survival Fitness by Sam Fury contains all the information in Survival Swimming plus a whole lot more! Inside Survival Swimming You Will Learn * Sculling Water: A basic but very important swimming technique to help keep your head above water. * Doggy Paddle: A low energy swimming stroke that is great for if you are clothed or when wearing a life jacket, and good for those that don't like putting their head underwater. * Elementary/ Survival Back Stroke: A great energy saver which is also very useful if an underwater explosion is likely. * Freestyle: A fast and efficient swimming stroke. Learn the best way to do it for maximum efficiency and speed. * Breast Stroke: Great for swimming underwater, in rough seas, through debris and also good for long range swimming. * Side Stroke: A very useful swimming stroke for rescue. Swimming Techniques Specifically Chosen to be Used by All Ages and Skill Levels. * Teach your whole family these life-saving swimming strokes. * Learn to swim with proven swimming drills. * Improve your current swimming technique. * Simple and clear pictures to make learning how to swim easy. * Filled with easy to follow swimming drills. * Both on land and in water exercises for progressive learning. * Discover the best swimming strokes to use depending on the situation. * Great for general health and weight loss... and much, much more! LOOK INSIDE Survival Swimming to see everything that's included! Get your copy of Survival Swimming and increase your swimming skills NOW! Scared of water? Follow the simple, progressive exercises to help you overcome your fear before you learn swimming. Don't know how to swim? Use the swimming drills in this book and you will learn how to swim in the most efficient way with step by step instructions and pictures that anyone can follow. Already know how to swim? Survival Swimming contains clearly detailed and easy to follow swimming drills to achieve the most efficient swimming stroke you can, the same way the professionals do. Swimming is a very important skill when it comes to survival. There are all too many stories of people that have drowned needlessly just because they didn't take the time to learn how to swim. Even just knowing the basic swimming strokes will save your life, and this type of stroke can be learned in a matter of hours. A few more hours and you may know a stroke that you can use to save another person's life. Swimming is also a fun, low impact form of exercise with great cardiovascular advantages. Survival Swimming Bonus Get access to all the latest Survive Travel publications FREE! Check Out What Others are Saying About Survival Swimming ***** Survival Swimming is super helpful to those like me who need some more swimming 101. It

explains all the basic strokes and techniques, as well as how to get more comfortable in the water. -
Chloe H.***** | provides basic swimming skills for beginners, motivation for those who fear
the water and also fun professional strokes, easy exercises and drills with pictures for swimmers. -
Jackie. Grab your copy of Survival Swimming: Swimming Drills to Learn and Improve on the Five
Best Swimming Strokes for Survival NOW!

Book Information

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Customer Reviews

This book explains all the basic strokes and techniques, as well as how to get more comfortable in
the water. It provides basic swimming skills for beginners, motivation for those who fear the water
and also fun professional strokes, easy exercises and drills with pictures for swimmers.

I loved this book. As I always wanted to learn swimming and I never got a chance to go tutorial
classes due to some or the other reasons. I loved the lessons given which was very clearly
illustrated along with diagram of the positions to make it more easy. I am half the way in learning to
swim but loved it so far. Would surely recommend to my friends who want to learn swimming.

This book had a lot of great tips on how to swimming with my kids and grandkids loving the water as much as they do I found this book a great help. What i like the most was that it even show you picture so you knew if you were doing it the right way or not. The book explain everything with full details. This was a awesome book I recommend for anyone who likes to swim or who is just learning.

For years I have been afraid of diving in. Swimming has always been something that I wanted to take on. However, I was scared that it would be the end of me if I took myself on the deep end. What Fury shares in this book has changed my perspective. Now I can't stay out of the water. There are truly some good techniques presented in this book. It is a smooth read as well that can relate to those who are just starting out. Thank you!

Swimming should be a basic skill for everyone just like walking or running. If you learned when you were young good for you! you just have to train it and improve it. If you never learned it, you should get this book and learn the basics. They might save your life one day!

This book was just what I was looking for! I have been looking for a book that shares the techniques on survival swimming and I found this book. This book teaches how to survive with swimming techniques that are easy to read and very helpful. I highly recommend this book!

As a non-swimmer, I am very much enjoying this book. I might even try some of this the next time I get the chance.

This book is really well written and very helpful! Essential for swimmers in general, not only pros!! Totally recommended.

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