

Snowboarding: Skills, Training, Techniques (Crowood Sports Guides)



A practical guide for beginners and improving snowboarders from how to set up your snowboard to preparing for competition. Giving in-depth background to snowboarding, this guide teaches readers how to choose the right equipment and offers detailed explanations of the correct techniques for boardercross, halfpipe, slopestyle, big air, and rails. It also gives step-by-step instruction to maintaining a board, and covers the nutrition and fitness necessary to prepare for competition.

Snowboarding: Skills - Training - Techniques (Crowood Sports Guides). Quick look Snowboarders Start-Up: A Beginners Guide to Snowboarding. Quick look whether you are learning the basic skills, discovering more advanced techni New Snowboarding: Skills, Training, Techniques (Crowood Sports Guides) Snowboarding: Skills - Training - Techniques (Crowood Sports Guides) eBook: Dan Wakeham, Sophie Everard: : Tienda Kindle. Snowboarding: Skills - Training - Techniques (Crowood Sports Guides) eBook: Dan Wakeham, Sophie Everard: : Kindle Store. Buy Snowboarding: Skills - Training - Techniques (Crowood Sports Guides) by Dan Wakeham, Sophie Everard (ISBN: 9781847975201) from Amazons Book Snowboarding: Skills - Training - Techniques (Crowood Sports Guides) eBook: Dan Wakeham, Sophie Everard: : Kindle Store. - 21 sec - Uploaded by Fred G Snowboarding Skills Training Techniques Crowood Sports Guides by Wakeham Dan Everard Description. Description, Crowood Sports Guides provide sound, practical advice that will make you into a better sportsperson, whether you are learning the Snowboarding: Skills - Training - Techniques - Crowood Sports Crowood Sports Guides provide sound, practical advice that will make you Description. Snowboarding is the latest addition to this popular sports guides series and gives in-depth background to snowboardings progression from enfant Results 1 - 10 of 10 Snowboarding: Skills, Training, Techniques (Crowood Sports Guides) by Dan Wakeham, Sophie Everard. Crowood Press. Paperback. Crowood Sports Guides provide sound, practical advice that will make you into a better sportsperson, whether you are learning the basic skills, discovering more Crowood Sports Guides provide sound, practical advice that will make you into a better sportsperson, whether you are learning the basic skills, discovering more Buy Snowboarding: Skills, Training, Techniques (Crowood Sports Guides) by Wakeham, Dan, Everard, Sophie (2014) Paperback by (ISBN:) from Amazons