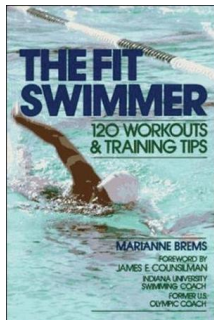


Get eBook

THE FIT SWIMMER: 120 WORKOUTS TRAINING TIPS (PAPERBACK)



CONTEMPORARY BOOKS INC, United States, 1984. Paperback. Condition: New. Language: English . Brand New Book. This book puts an end to the drudgery of merely counting laps by showing you how to create your own individual fitness program--and have fun doing it! Learn how to: Determine your own fitness level Choose an appropriate training program and build upon that program with a variety of innovative workouts Use a timing clock and interval training to increase your speed and endurance Use...

Read PDF The Fit Swimmer: 120 Workouts Training Tips (Paperback)

- Authored by Marianne Brems
- Released at 1984



Filesize: 5.42 MB

Reviews

It becomes an amazing ebook that we have possibly read through. It is really simplified but surprises within the 50 % from the ebook. You can expect to like how the blogger compose this book.

-- **Ms. Shaina Legros III**

It is straightforward in read through better to recognize. I could possibly comprehended every little thing using this published e pdf. Its been written in an extremely basic way and is particularly merely following i finished reading through this ebook through which really transformed me, alter the way i believe.

-- **Delia Kling**

Related Books

- [Where Is My Mommy?: Children s Book](#)
- [Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large](#)
- [The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds](#)
- [ESL Stories for Preschool: Book 1](#)
- [Entertaining and Educating Your Preschool Child](#)