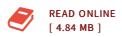


# How to Swim Breaststroke: A Step-by-Step Guide for Beginners Learning Breaststroke Technique (Paperback)

By Mark Young

Educate Learn Publishing, United Kingdom, 2014. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. PLEASE NOTE: THIS BOOK IS AN EXPANDED REVISION OF MARK S THE COMPLETE GUIDE TO SWIMMING BREASTSTROKE Always wanted to learn how to swim Breaststroke? Do you find basic breaststroke technique difficult? How To Swim Breaststroke is your perfect guidebook, with over 20 simple exercises containing top tips and key coaching points. Fully illustrated and concise, you will discover: How to learn basic Breaststroke in easy steps How to swim with smooth relaxed technique How to isolate and correct your bad habits The perfect aid for any complete beginner to learn, understand and practice and for any swimmer to adjust, correct and improve.





## Reviews

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