

A silhouette of a person stand-up paddling on a surfboard in the ocean at sunset. The person is in the center, holding a paddle, with a small wave breaking around their feet. The background is a vast, calm sea under a hazy, golden sky.

WALK ON WATER

A GUIDE TO FLAT WATER STAND UP PADDLING

TIM GANLEY & DIE BINGA

Walk On Water A Guide To Flat Water Stand Up Paddling

Vie Binga



Walk On Water A Guide To Flat Water Stand Up Paddling:

Key West Paddleboarding Vie Binga, 2016-02-01 Walk On Water A Guide To Flat Water Stand Up Paddling Walk On Water A Guide To Flat Water Stand Up Paddling is the result of almost a decade of professionally teaching stand up paddling to thousands of people around the globe Are you looking to try stand up paddling for the first time Have you already paddled a few times and are now looking to purchase your own stand up paddle board Do you want to safely introduce paddle boarding to your friends and family Are you a yoga teacher or fitness instructor wanting to teach SUP Yoga or SUP Fitness Are you a stand up paddle board retailer or SUP rental facility Are you a long term stand up paddle boarder and want to learn more about your paddle board and SUP gear Are you a fitness buff wanting to enhance your exercise regime Are you an outdoor enthusiast looking for an easy year round activity Are you an athlete looking to cross train If you answered yes to any of the above then Walk On Water A Guide To Flat Water Stand Up Paddling is the answer to all your questions This book begins by studying the gear that is essential for paddle boarding If you already own or have otherwise access to a paddleboard and or other SUP gear this book will help you understand and appreciate what your gear is best made for If you do not already have access to a paddleboard gear after reading this book you will be able to choose the board and gear that is best suited for your size skills and needs The book continues by going over essential skills such as proper stance paddle strokes and muscle activation Stand up paddle boarding if performed right will serve simultaneously as a great core strengthening and joint rehabilitating activity We then cover the essential safety principles that you need to follow as a paddle boarder and also the principles that you need to adhere to when taking other people out on the water whether friends family or paying clients The methodologies that we are giving you come from having taught various forms of paddle boarding to thousands of clients throughout the years While keeping in mind that every one learns differently we have chosen what we consider the most essential and the most practical Even though we would like to believe that we have successfully captured the essence of flat water stand up paddling in a very comprehensive manner we understand that stand up paddling is a continuously evolving and developing sport Board construction gear availability sport etiquette fitness and exercise science real life situations are for example some of the parameters that constantly change Having said that we would love to hear how this book Walk On Water A Guide To Flat Water Stand Up Paddling helped you in your own stand up paddle explorations Is there something you would like to see added to Walk On Water Do you have an inspiring stand up paddle story you wish to share with your fellow paddle boarders It just so might be featured in our next revision We can be reached at training asktimandvie com Embrace Explore Live Learn Happy Safe Journey Tim Ganley Vie Binga *Hawaii Paddleboarding* Vie Binga, 2016-01-31 Walk On Water A Guide To Flat Water Stand Up Paddling Walk On Water A Guide To Flat Water Stand Up Paddling is the result of almost a decade of professionally teaching stand up paddling to thousands of people around the globe Are you looking to try stand up paddling for the first time Have you already paddled a few times and are now looking to

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