



## How To Swim Front Crawl: A Step-by-Step Guide For Beginners Learning Front Crawl 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 FRONT CRAWL Always wanted to learn how to swim Front Crawl? Do you find basic front crawl technique difficult? How To Swim Front Crawl 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 Front Crawl 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.

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