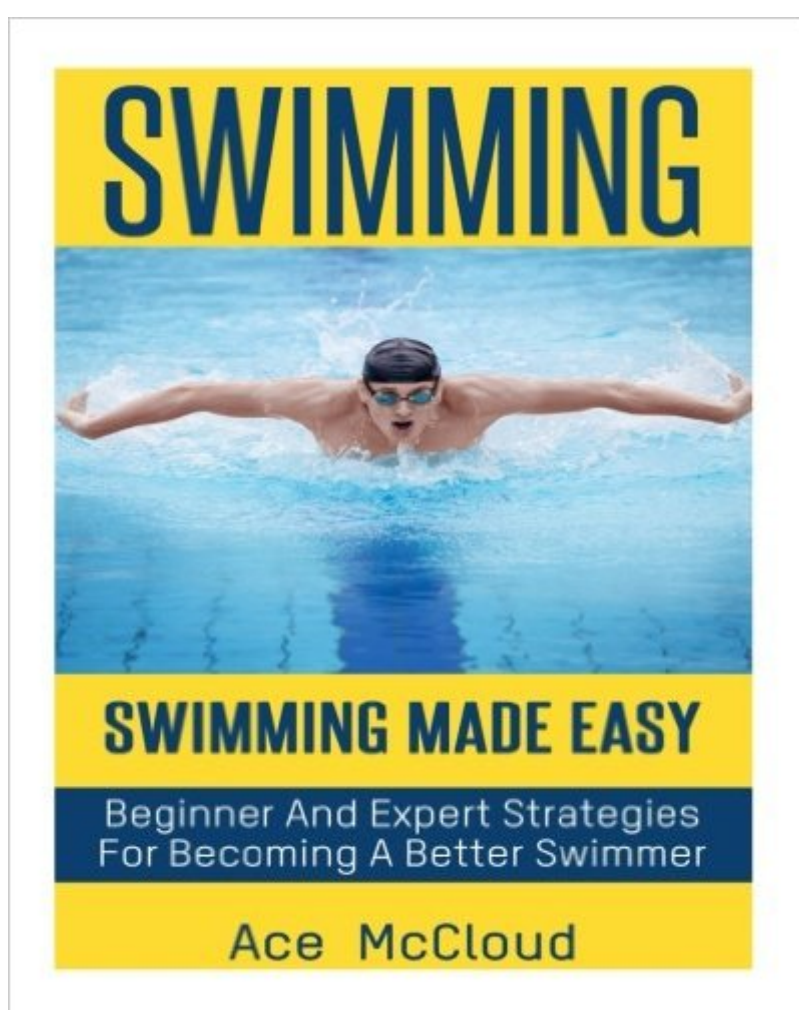


The book was found

Swimming: Swimming Made Easy- Beginner And Expert Strategies For Becoming A Better Swimmer (Swimming, Swimmers Guide, Swim Strokes, Swimming Better)



Synopsis

Caution: This Swimming Book Is So Effective That It Can Help Make You An Incredible Swimmer! Swimming is one of the greatest sports and exercises of all time. It can be extremely fun and exciting with much less chance of injury. Swimming is something you can do your whole life and get great amounts of joy and pleasure from it. In this masterful guide on Swimming Techniques, you will Discover The Best Swimming Secrets And Strategies To Maximize Your Swimming Potential! Whether you are just starting out or if you are looking for that edge in competition, this is the book you are looking for. Stop trying to guess at what you think is the best course of action and start doing things the right way that really get great results! This guide will easily explain to you some of the best diving techniques, stroke techniques, explosive turning techniques and swimming techniques. Becoming a Better Swimmer is just a read away! Here Is A Preview Of What You'll Discover... Easy To Understand & Step By Step Instructions For Swimming Better Advanced Strategies for Becoming A Powerful SwimmerThe Best Nutritional Strategies & Foods For SwimmersHow To Be A Better Diver & Have More Explosive TurnsExercises & Drills That Increase Both Your Strength & Your Swimming SkillsMental Strategies for SwimmersHow To Swim Faster & More Smoothly Through The WaterThe Optimal Techniques for Each of the Four Major StrokesMuch, much more! What are you waiting for? If you are still reading this you are obviously motivated to get all the benefits this book has to offer. Stop thinking and take ACTION. Buy It Now

Book Information

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Customer Reviews

Are you ready to step up your swimming game and advance your skills? If so, *Swimming Made Easy* by Ace McCloud will give you all the information you need. In case you're an absolute beginner, the book starts with swimming fundamentals and suggestions of ways to boost your confidence and fuel your practice sessions. You can learn the fundamentals of breathing properly and then add the strokes and movements to be a great swimmer. There are chapters devoted to the breaststroke, front crawl, the butterfly, and the backstroke that will walk you through how to correctly and easily perform each stroke. Ace doesn't leave out the importance of proper nutrition, mindset, and strength training and presents a book that can help a swimmer at any level of experience to improve their skills. I would recommend this book to anyone looking to be a strong swimmer.

I have always loved swimming and growing up near the beautiful beaches I find myself in the waters quite often. Swimming is a great hobby and can be a great workout! This book is perfect for the beginner swimmer or the novice. The author tells you valuable information on how to improve your swim techniques with detailed explanations. There are chapters on each swim stroke and how to perfect them. I myself have always loved The Butterfly Stroke but was never able to master it. I got some really good tips on how to better my Butterfly Stroke and I can't wait to try them out in my next swim. With every sport you want to be mentally prepared and in Chapter 8 the author explains how your mental state is just as important than your physical. In this chapter you will learn lessons to give you the swim advantage that include visualization, race preparation, perspective and goal setting. If you are looking to becoming a better swimmer, I highly recommend giving this book a read. This book is loaded with lessons and tips to help you reach your swim goals. Perfect for the beginner swimmer.

I'd say I'm probably a mediocre swimmer, I'm no pro! But I recently became interested in using swimming as a way to lose a few pounds, get in shape and try to get through the later years in life healthier by doing something I love! So swimming it is. It's something you can do indoors or outdoors and it's fun either way. This book provides some really wonderful tips, ideas and strategies for making whatever skill you already have much better. Really the techniques not only make you a better swimmer, they make it more fun to swim. That's always a good thing. I would much rather exercise in a really healthy way swimming than say, running on a treadmill or working out in a gym. It's actually something I recommend to all kinds of people, not that I'm a doctor or anything. I just know that from experience and stories I've heard from others for decades, swimming relieves all kinds of health issues, like pulled muscles and being overweight. Pick up this book if you're

interested in finding some awesome ways to be a better swimmer and have a better time doing it.

Swimming is a great way to get fit because it's low impact and can even be done with an active injury! The sick and the elderly have been toning up their muscles and their hearts for decades with things like water aerobics and water spin classes. But water can be really scary if you don't know what to do. People that don't know how to swim have an almost primal aversion to water. This book can get you swimming like a fish if you don't have the funds or access to a swimming instructor. It even helped me improve my lap times as an experienced swimmer! I highly recommend it.

I love working out, but years of running have put a lot of stress on my joints. I wanted to get back into swimming but it had been a long time since my past visit to a pool and I was a bit nervous, having never been a very confident swimmer. I bought this book to refresh my memory and get some tips on the best techniques. I found this book really informative. The different chapters on breaststroke, crawl, backstroke and butterfly give a detailed breakdown of each movement, and an explanation of each movement's importance. This made it very easy to visualize the movements and understand them - particularly breaststroke, which I've always found a little challenging to coordinate. I also enjoyed trying out some of the strength exercises recommended, and learning about the best ways to mentally prepare for swimming. This book helped me to reconnect with swimming and rediscover how wonderful it is to be gliding through water. Highly recommended to anyone looking to improve their swimming technique.

This book is totally useless and I returned it. I wanted to learn how to improve my swim strokes, but this book stays only on the surface of everything, has no pictures in it, not even page numbers. Any New York Times article about swimming and why you should do it is certainly better than this book.

As the name says, the author has actually made swimming very easy by composing this wonderful book that contains all the essential information about the basics as well as the techniques of swimming. In it, the author has provided detailed information about the fundamentals of swimming and how to swim backstroke, front crawl, breaststroke, butterfly and dive as well. Apart from the covering the technical aspects, Ace has also provided information on proper nutrition and techniques of mental preparation, strength training for swimming. If you, anyone else in your family or known is learning to swim, then this wonderful book can be of great help you know the basics of swimming. Highly recommended!!

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