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SWIMMING ANATOMY: YOUR ILLUSTRATED GUIDE FOR SWIMMING STRENGTH, SPEED AND ENDURANCE



Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Swimming Anatomy: Your Illustrated Guide for Swimming Strength, Speed and Endurance, Ian McLeod, This new addition to the "Anatomy" series will show the reader how to improve their performance by increasing muscle strength and optimising the efficiency of every stroke. "Swimming Anatomy" includes 74 of the most effective swimming exercises, each with step-by-step descriptions and full-colour anatomical illustrations highlighting the primary muscles in action. This book goes beyond exercises by placing...

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- Authored by Ian McLeod
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