



# Advanced Surf Fitness for High Performance Surfing

*Lee Stanbury*

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# Advanced Surf Fitness for High Performance Surfing

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**Advanced Surf Fitness for High Performance Surfing** Lee Stanbury

Aimed at surfers of all ages and abilities, *Advanced Surf Fitness for High Performance Surfing* offers a complete training package designed to take your surfing to the next level. The book includes a series of training programs that target the different muscle groups used in surfing, from paddling to all the different maneuvers. The book also includes sections about swimming and cardio regimes, as well as psychology and nutrition. *Advanced Surf Fitness for High Performance Surfing* is the follow-up to the best-selling *Complete Guide to Surf Fitness*.

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