

Surf flex : flexibility, yoga, and conditioning for the ultimate surfing experience / by Paul Frediani

Description

Flexibility, Yoga, and conditioning for the ultimate surfing experience! No other sport requires more agility and flexibility program will help prevent injuries and keep you surfing longer and stronger. Paul Frediani, top trainer and fitness and conditioning advisor to the U.S. Surf Team, has designed an innovative series of exercises and stretches specifically tailored for surfers. From balance work and yoga, to strength training and cardiovascular endurance, Surf Flex provides both amateur and professional surfers alike with a powerful fitness program.