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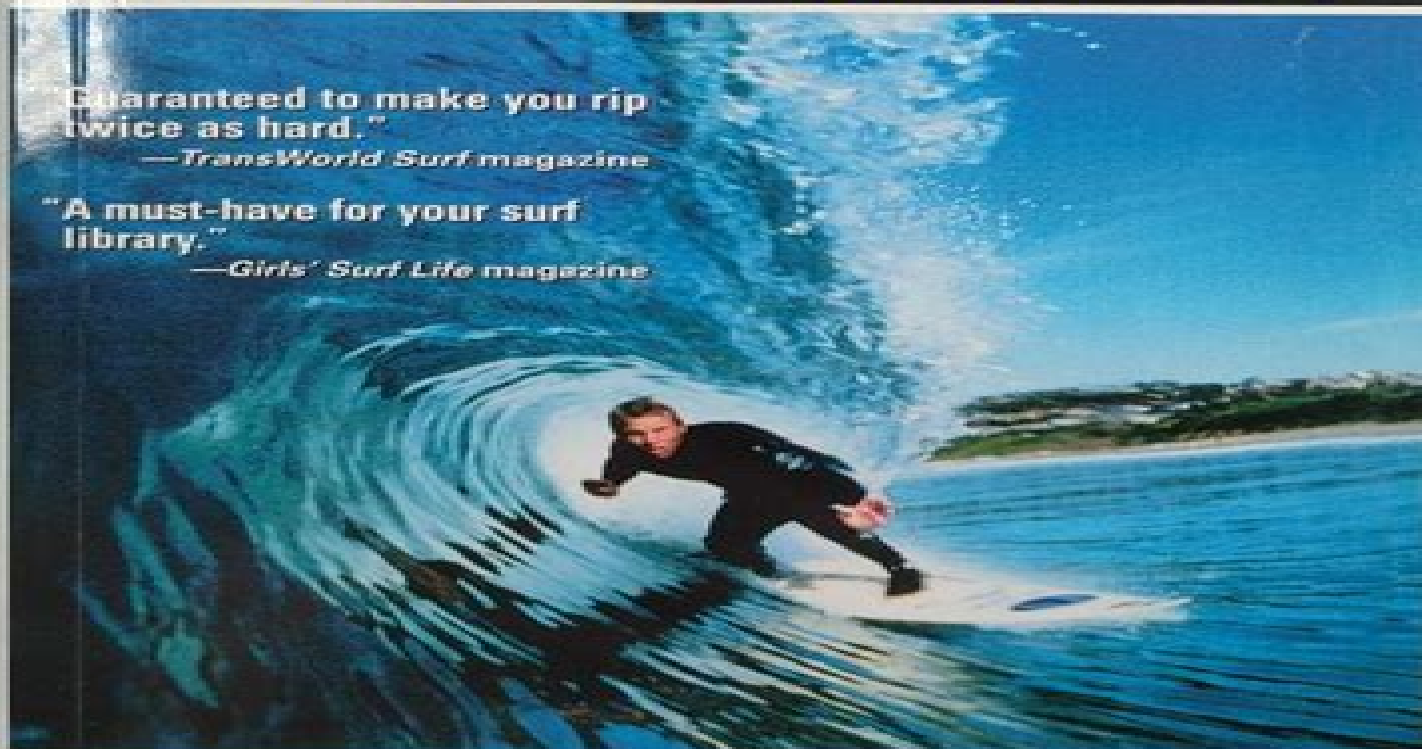
The Surfer's Guide to Strength and Conditioning

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- Build more surfing strength •
- Increase balance and coordination • Reduce chance of injury •
- Design your own surfer's workout •

ROCKY SNYDER *Certified Strength and Conditioning Specialist*

Conditioning Guide Strength Surfers

Karin Nielsen-Saines



Conditioning Guide Strength Surfers:

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