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Manual of Freediving goes into great detail teaching proper finning technique, a critical chapter since it is finning which most heavily influences your oxygen usage. There is information which at first might seem over explained. Manual of Freediving is though a textbook and a reference book. It is not a story.

Manual of Freediving: Underwater on a Single Breath ...

Manual of Freediving Underwater on a single breath Second Edition Library Binding – February 1, 2016 by Umberto Pelizzari (Author), Stefano Tovaglieri (Author), William Trubridge Translation (Editor), 4.5 out of 5 stars 29 ratings See all formats and editions

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Manual of Freediving This is generally regarded as the bible of Freediving. The 362 pages are packed full of physiology, physics, techniques, and safety, but also contains a practical training guide developed by World Champion Umberto Pelizzari. Manual of Freediving Underwater on a single breath Second Edition Buy Now

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Manual Of Freediving

Manual of Freediving (with its subtitle, Underwater on a Single Breath) was co-authored by freedive instructor trainer and Italian National freedive team director Stefano Tovaglieri, and understandably is as comprehensive as it comes – the book is packed with information, exercises and techniques covering everything from breathing, anatomy and physiology to equalisation, relaxation and diet, and is designed to help you master the art of freediving.

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