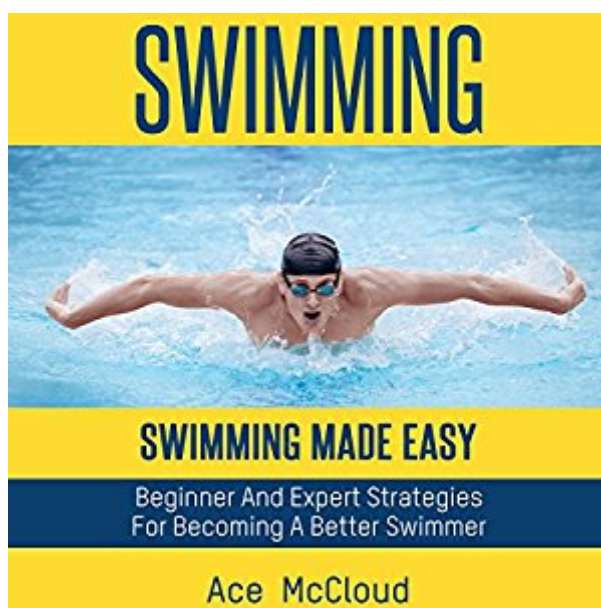


The book was found

Swimming: Swimming Made Easy: Beginner And Expert Strategies For Becoming A Better Swimmer



Synopsis

Are you tired of being a weak swimmer? Do lesser athletes surpass you in the pool? Whether you want to (1) learn the basics of swimming, (2) master advanced strokes, or (3) gain a powerful edge on the competition, this audiobook will teach you everything you need to know. Do you wish you could swim fast and look good at the same time? No matter the stroke, swimming is a complicated action, involving the coordination of many of moving parts, with breathing thrown in to add to the complexity. However, with practice, you can swim with the confidence that you are using the proper technique to propel yourself across the pool most efficiently. See how easily you can improve your stroke. Whether you hit the pool for fun or are swimming with your eye on the competition, a little attention to the technical aspects of your stroke can greatly enhance your performance and enjoyment. I have broken down each basic swimming stroke into individual components that are easily practiced in isolation. As you develop proficiency in each critical detail, I work with you to combine these components into an effective and efficient swimming stroke. Get all the benefits of increasing your swimming endurance. Let's face it; it's no fun getting tired. While we know that the more you swim, the better you will handle yourself in the water, if you want to increase your strength and stamina in the water, physical conditioning is key. In this audiobook you will find professional exercises designed specifically to improve your endurance. Stop guessing at what works and start swimming like a pro. Swim better now: Buy it now!

Book Information

Audible Audio Edition

Listening Length: 2 hours and 15 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Pro Mastery Publishing

Audible.com Release Date: July 2, 2015

Language: English

ASIN: B010WTN34S

Best Sellers Rank: #153 in Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming
#830 in Books > Audible Audiobooks > Nonfiction > Sports & Recreation #1651 in Books > Sports & Outdoors > Water Sports

Customer Reviews

Are you ready to step up your swimming game and advance your skills? If so, Swimming Made

Easy by Ace McCloud will give you all the information you need. In case you're an absolute beginner, the book starts with swimming fundamentals and suggestions of ways to boost your confidence and fuel your practice sessions. You can learn the fundamentals of breathing properly and then add the strokes and movements to be a great swimmer. There are chapters devoted to the breaststroke, front crawl, the butterfly, and the backstroke that will walk you through how to correctly and easily perform each stroke. Ace doesn't leave out the importance of proper nutrition, mindset, and strength training and presents a book that can help a swimmer at any level of experience to improve their skills. I would recommend this book to anyone looking to be a strong swimmer.

I'd say I'm probably a mediocre swimmer, I'm no pro! But I recently became interested in using swimming as a way to lose a few pounds, get in shape and try to get through the later years in life healthier by doing something I love! So swimming it is. It's something you can do indoors or outdoors and it's fun either way. This book provides some really wonderful tips, ideas and strategies for making whatever skill you already have much better. Really the techniques not only make you a better swimmer, they make it more fun to swim. That's always a good thing. I would much rather exercise in a really healthy way swimming than say, running on a treadmill or working out in a gym. It's actually something I recommend to all kinds of people, not that I'm a doctor or anything. I just know that from experience and stories I've heard from others for decades, swimming relieves all kinds of health issues, like pulled muscles and being overweight. Pick up this book if you're interested in finding some awesome ways to be a better swimmer and have a better time doing it.

I have always loved swimming and growing up near the beautiful beaches I find myself in the waters quite often. Swimming is a great hobby and can be a great workout! This book is perfect for the beginner swimmer or the novice. The author tells you valuable information on how to improve your swim techniques with detailed explanations. There are chapters on each swim stroke and how to perfect them. I myself have always loved The Butterfly Stroke but was never able to master it. I got some really good tips on how to better my Butterfly Stroke and I can't wait to try them out in my next swim. With every sport you want to be mentally prepared and in Chapter 8 the author explains how your mental state is just as important than your physical. In this chapter you will learn lessons to give you the swim advantage that include visualization, race preparation, perspective and goal setting. If you are looking to becoming a better swimmer, I highly recommend giving this book a read. This book is loaded with lessons and tips to help you reach your swim goals. Perfect for the beginner swimmer.

Swimming is a great way to get fit because it's low impact and can even be done with an active injury! The sick and the elderly have been toning up their muscles and their hearts for decades with things like water aerobics and water spin classes. But water can be really scary if you don't know what to do. People that don't know how to swim have an almost primal aversion to water. This book can get you swimming like a fish if you don't have the funds or access to a swimming instructor. It even helped me improve my lap times as an experienced swimmer! I highly recommend it.

This book is totally useless and I returned it. I wanted to learn how to improve my swim strokes, but this book stays only on the surface of everything, has no pictures in it, not even page numbers. Any New York Times article about swimming and why you should do it is certainly better than this book.

Swimming is a wonderful pastime. However, many people do not know that they can become better swimmers without taking advanced swimming courses. McCloud shows that he has knowledge of the strategies needed to become a stronger swimmer. Utilizing this guide will help individuals learn how to take care of their bodies and strengthen them with proper food and training exercises. This is the guide for anyone who wants to become a great swimmer!

Swimming provides lots of benefits such as breath control and muscle toning. This book is helpful especially for beginners who want to learn or improve their swimming skills. Also strategies, swimming strokes and exercises are found in this book to help improve one's power and speed. Just follow the strategies that the author suggested here, I am sure you will see improvements quickly of yourself.

When you have trouble doing exercise, you usually can still swim. The buoyancy of the water takes stress off the bones and joints and still allows for a good workout for the muscles. Knowing how to swim can help the youngest to the oldest; the healthy or debilitated be able to get much needed exercise. This book is a very good guide to teach you how to swim if you have never done it before, and it also gives excellent pointers on certain aspects of swimming to those that might be expert at it. The book begins with the basics including becoming comfortable in the water, timing of movements, breathing, posture, gliding, leg and arm movements, head position and more. It then goes on to explain how to do different strokes like breaststroke, backstroke, butterfly, and more. All is described from the movements to common mistakes. The book even explains how to dive in a

safe manner and gives you steps to follow. Good nutrition for swimmers, mental preparation and strength training is also explained in the book with very good descriptions. This book will give anyone a good idea on how to swim and what to do in the water to get that much needed exercise.

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