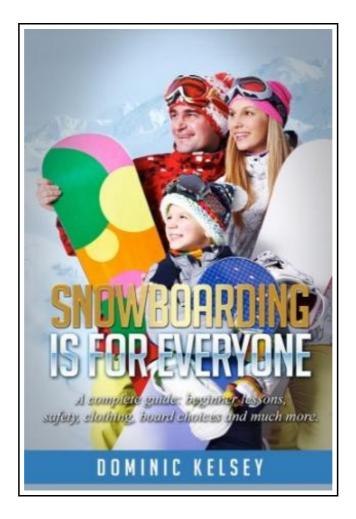
### Snowboarding Is for Everyone: A Complete Guide; Beginner Lessons, Safety, Clothing, Board Choices and Much More. (Paperback)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. Snowboarding Is For Everyone aims to educate and demonstrate how accessible and enjoyable snowboarding really is to all. Uncover essential tips and practical guidance on: Choosing the correct snowboarding gear Rider safety Anatomy of a snowboard Selecting a snowboard for kids Women and snowboarding Physical fitness and exercise for men, women and children Step by step snowboarding lessons for beginners Gaining confidence on the slopes Skill improvement snowboarding jargon and slang And more! Build confidence on the slopes with step by step instructions Beginners will learn the basics with 9 easy to follow lessons which include snowboarding stance, mounting your snowboard, turning and how to traverse. Are you planning a snowboarding holiday with your family? Prepare for your trip with suitable information that is catered for anyone taking up the wonderful activity of snowboarding. Guidance on fitness for kids to board styles for women and men are provided. The sport of snowboarding is a fantastic activity and the author makes snowboarding accessible to men, women and children a like, whether you are a total beginner or keen to sharpen up your technique. Learn the skills that you need to become competent and be aware of the information you need to stay safe on the slopes.

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