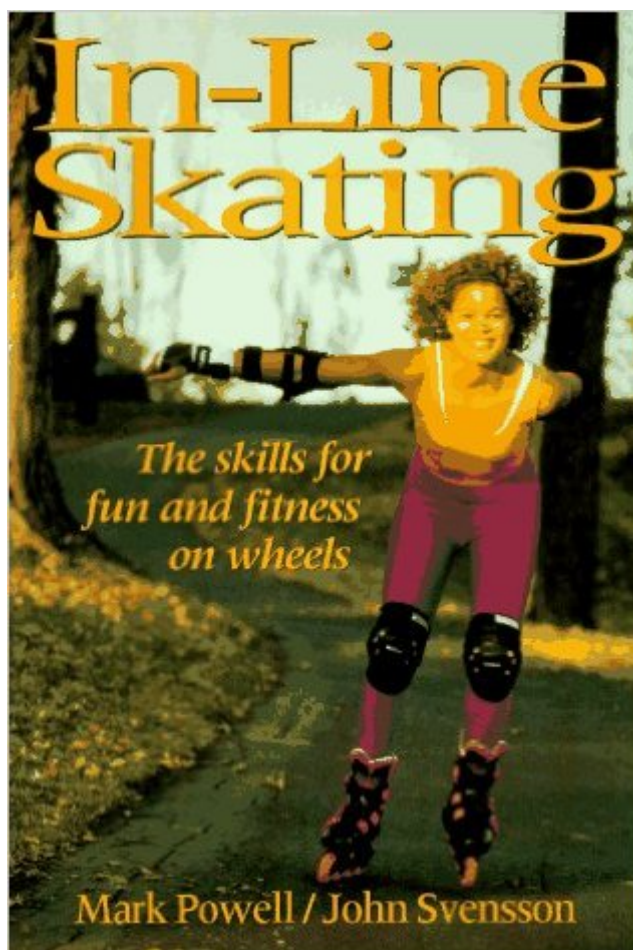


The book was found

In Line Skating



Synopsis

This book is a guide to discovering the exercise benefits and pure enjoyment of in-line skating (also known as rollerblading). Mark Powell, an expert skate dancer and instructor, and John Svensson, a top skate designer and racer, clearly explain all the fundamentals readers need to make their skating experience safe and fun. More than 100 photographs and diagrams lead readers step-by-step through such fundamentals as correct posture, "stroke and glide" techniques, stopping safely, and mastering carving turns and crossover turns. In-Line Skating provides tips for correcting common errors and a variety of drills to help skaters combine all of these basic skills into a smooth, confident style. This book also features basic information on cross-training for skiing, running, and cycling - making it an excellent reference for athletes who participate in these sports. In addition, In-Line Skating thoroughly covers the sport's history and popularity, choosing the right equipment, safety guidelines, and advanced skills.

Book Information

Paperback: 152 pages

Publisher: Human Kinetics+ Publishers Inc (September 1992)

Language: English

ISBN-10: 0873223993

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Product Dimensions: 0.5 x 6 x 9.2 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #3,312,879 in Books (See Top 100 in Books) #75 inÂ Books > Sports & Outdoors > Individual Sports > Rollerskating & Rollerblading

Customer Reviews

If you are enthusiastic about inline skating, you probably want to read everything about it you can get your hands on. I have read 3 or 4 books so far. I have learned at least something good-to-know from each one -- this one included. It's cheap enough -- order it and read it!

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