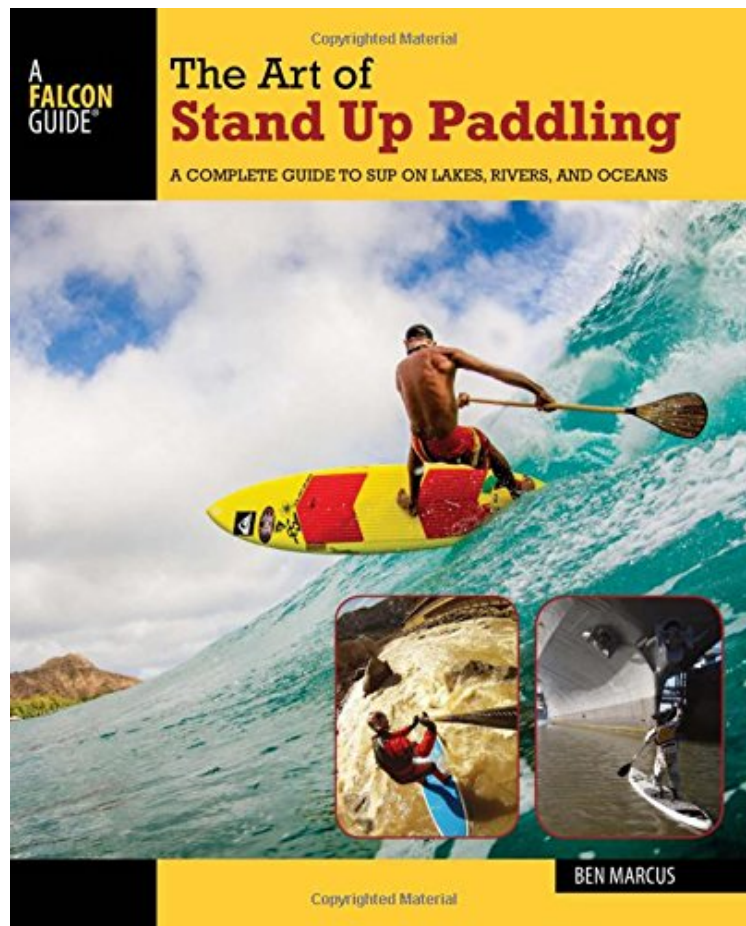


(Ebook pdf) The Art of Stand Up Paddling: A Complete Guide to SUP on Lakes, Rivers, and Oceans (How to Paddle Series)

The Art of Stand Up Paddling: A Complete Guide to SUP on Lakes, Rivers, and Oceans (How to Paddle Series)

Ben Marcus

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#1331257 in Books NATIONAL BOOK NETWRK 2015-11-15Original language:EnglishPDF # 1 9.33 x .77 x 7.43l, .0 #File Name: 1493008323360 pagesThis revised edition covers all aspects of stand up paddling, from buying a board and getting started on your local lake to surfing waves in Hawaii, including a brand new chapter on SUP yoga. | File size: 48.Mb

Ben Marcus : The Art of Stand Up Paddling: A Complete Guide to SUP on Lakes, Rivers, and Oceans (How to Paddle Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Art of Stand Up Paddling: A Complete Guide to SUP on Lakes, Rivers, and Oceans (How to Paddle Series):

1 of 1 people found the following review helpful. Great book on SUPBy ChristianWell written book on SUP. Found the intro chapter to have too much history but you can skip past that. Great coverage across flat water, surf, river and more.

Stand up paddling (SUP) is experiencing fast growth in the United States and around the world. It can be enjoyed on

inland lakes and rivers, as well as on the ocean and in the surf but most important, its fun and a great way to stay fit. The Art of Stand Up Paddling will include everything both new and not-so-new paddlers need to know from buying a board and getting started on your local lake to paddling rivers and surfing ocean waves. This revised edition features a brand new chapter on SUP Yoga, which combines the passion of yoga with the art of stand up paddling. Also included is a fascinating and controversial history of stand up paddling, which, although new to many, dates back hundreds of years to Peruvian fishermen, Venetian gondoliers, and Hawaiian beach boys. Chapters on surf-break etiquette, fitness, yoga, and the exhilarating potential for adventures on a stand up paddleboard makes this a complete resource for beginners and experienced paddlers alike.

From the Back Cover Stand up paddling (SUP) is experiencing fast growth in the United States and around the world. It can be enjoyed on inland lakes and rivers, as well as on the ocean and in the surf but most important, its fun and a great way to stay fit. The Art of Stand Up Paddling will include everything both new and not-so-new paddlers need to know from buying a board and getting started on your local lake to paddling rivers and surfing ocean waves. This revised edition features a brand new chapter on SUP Yoga, which combines the passion of yoga with the art of stand up paddling. Also included is a fascinating and controversial history of stand up paddling, which, although new to many, dates back hundreds of years to Peruvian fishermen, Venetian gondoliers, and Hawaiian beach boys. Chapters on surf-break etiquette, fitness, yoga, and the exhilarating potential for adventures on a stand up paddleboard makes this a complete resource for beginners and experienced paddlers alike. About the Author Ben Marcus is a longtime surfer who has written thirteen books. He writes for surf magazines worldwide, and his nonsurfing work has appeared in LA Weekly, Muscle and Fitness, the Los Angeles Times, Malibu Magazine, and Malibu Times. He lives in Northridge, California.