

The book was found

Carved - The Snowboard Workout Program



Synopsis

Snowboarding takes physical strength, power, and cardiovascular endurance. This book lays out a fitness and exercise program you can do at home to get in shape for the snowboard season, or a snowboarding vacation. Using your bodyweight, a kettlebell, and a pull-up bar you will get in shape to stay on the slopes all day. The program includes a full warm up, four different workouts, exercise descriptions, and all the supporting information to help adapt the program to your current fitness level and needs.

Book Information

File Size: 5251 KB

Print Length: 79 pages

Publication Date: September 22, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00FEI6H14

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,158,889 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #61

in Books > Sports & Outdoors > Outdoor Recreation > Snowboarding #1402 in Kindle Store >

Kindle Short Reads > Two hours or more (65-100 pages) > Sports & Outdoors #1851 in Books >

Sports & Outdoors > Winter Sports

[Download to continue reading...](#)

Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Carved - The Snowboard Workout Program The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of

Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) How to Snowboard: First Day on a Snowboard--What to Expect Leocha's Ski Snowboard Europe: Winter Resorts in Austria, France, Italy, Switzerland, Spain & Andorra (Ski Snowboard Europe) How To Build The Rugby Player Body: Building a Rugby Player Physique, The Rugby Player Workout, Hardcore Workout Plan, Diet Plan with Nutritional Values, Build Quality Muscle ECG Workout: Exercises in Arrhythmia Interpretation (Huff, ECG Workout) Squats: The Best Butt Workout Revealed - How to Sculpt the Most Voluptuous Butt Ever with Squats (30, 60, & 90 Day Workout Plans) Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout) 100+ Word Fill In Puzzle Book For Adults: The French Style Brain Teaser Crossword Puzzles With Fill In Words Puzzles for Total Brain Workout! (A Total Brain Workout Series) (Volume 1) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Hockey Workout: Complete Off-Season Hockey Workout: Hockey agility & speed drills, hockey plyometric workouts, hockey core exercises, hockey weight training and anaerobic training for hockey players. Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines Book 1) Art Made from Books: Altered, Sculpted, Carved, Transformed The Sign of the Carved Cross (Chime Travelers) Jewish Pirates of the Caribbean: How a Generation of Swashbuckling Jews Carved Out an Empire in the New World in Their Quest for Treasure, Religious Freedom--and Revenge Art Stamping Workshop: Create Hand-Carved Stamps for Unique Projects on Paper, Fabric, Polymer Clay and More

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)