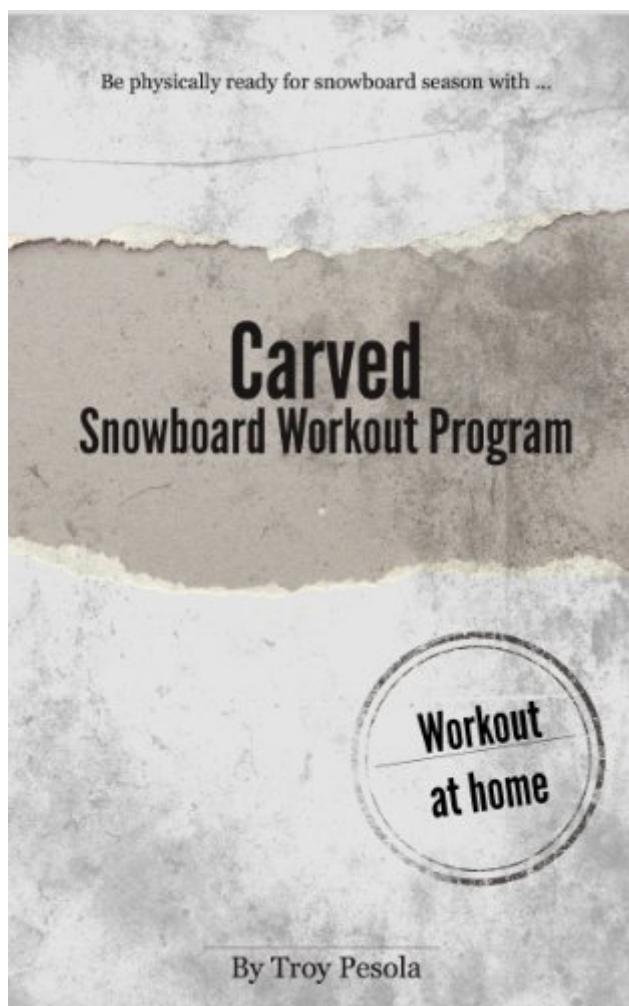


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Carved - The Snowboard Workout Program



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

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