



The Complete Guide to Swimming Backstroke

Mark Young

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The Complete Guide to Swimming Backstroke is the perfect quick flick for anyone wanting an easy to follow, concise and simplistic guide book. For the complete beginner, this short book helps to learn and understand the basic swimming stroke. The 20 fully illustrated exercises contained in this book cover all aspects of the stroke and can help any beginner to learn, practice and master basic backstroke swimming technique.

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