



**SWIMMING: 7 POWERFUL Swimming  
SECRETS for a Beginner Swimmer to EASILY  
Swim their First Mile... (Swimming, Swimming  
Skills, Learn to Swim Book 1)**

*Julia Thatcher*

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# **SWIMMING: 7 POWERFUL Swimming SECRETS for a Beginner Swimmer to EASILY Swim their First Mile... (Swimming, Swimming Skills, Learn to Swim Book 1)**

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## **MASTER these BASIC Swimming Fundamentals & You Will JET through the Water!!!**

This book is designed to help inexperienced swimmers master the basic swimming techniques. It contains lots of valuable tips that you can use in your training. Because the instructions are clearly explained, you will certainly not experience any difficulty in using this book to improve your skills. These swimming secrets are collected for people who want to learn how to swim in the shortest time possible.

### **Here is a Preview of What You Will Learn:**

- The Important History of Swimming...
- The Equipment That You Need...
- The Different Swimming Strokes...
- How to Improve Your Breathing Technique...
- How to Prevent Swimming Injuries...
- & Much Much More!!!

Swimming is a physical activity that offers many health benefits. It can aid in strengthening your arms and legs, improve your cardiovascular system, increase your stamina, and tone your muscles. If you are looking for a physical activity that offers minimal impact (i.e. low chances of getting injured) and excellent health benefits, then swimming is for you.

To help you get started, this eBook explains the origin of this sport. Afterward, you will learn about the different types of equipment that you need in order to swim safely. Each of these strokes is discussed in great detail, meaning you will easily know how to execute them on your own. These strokes are butterfly, freestyle, breaststroke, and backstroke.

Many people find it hard to enhance their skills because of their natural fear of being drowned. To help you overcome that fear, this book contains practical tips and easy exercises that you can do on your own. After you have done those exercises several times, you will feel completely comfortable being submerged in water. You will never be afraid of “what might be lurking beneath the murky waters” ever again.

Aside from teaching you the proper way of breathing and swimming, this book contains valuable information regarding the most common swimming-related injuries and how to avoid them. Countless beginners have suffered from these painful injuries before, so you really have to pay attention to this aspect

of swimming. Some of the injuries covered here are Swimmer's Knee, Swimmer's Shoulder, Lower back injuries, and neck injuries. These injuries can be easily prevented, and this book will teach you how.

Lastly, this book will instruct you how to swim fast. Speed is an important aspect of this sport. If you want to join swimming competitions, you really have to master the principles related to swimming speed. Many people have tried different tactics and strategies, but they didn't achieve any progress. However, this book will provide you with suggestions and exercises that have been used by professional swimmers. That means you will surely experience a dramatic change in your swimming speed if you will carefully read the instructions contained in this book.

**\*\*\*\*Master Your Technique in the Shortest Amount of Time!!! Get Your Copy NOW\*\*\*\***

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**Michael Bennett:**

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**Richard Morris:**

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**Roxanne Mazon:**

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