



Manual of Freediving Underwater on a single breath Second Edition

By Umberto Pelizzari, Stefano Tovaglieri

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- Sales Rank: #681665 in Books
- Published on: 2016-02-01
- Released on: 2016-02-01
- Original language: English
- Dimensions: 9.25" h x 6.50" w x .75" l,
- Binding: Library Binding
- 500 pages



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Editorial Review

Review

The Manual of Freediving by Umberto Pelizzari is the number one best selling text on freediving, and only comprehensive manual for the beginner to intermediate freediver. Now updated with more than 500 pages and new sections. William Trubridge --William Trubridge is a 15-time world record holder and current freediving world champion and founder of Vertical Blue.

About the Author

UMBERTO PELIZZARI, the champion Italian freediver who broke 17 world records in all the disciplines. STEFANO TOVAGLIERI, an experienced Scuba and Apnea instructor as well as Sports graduate.

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