



# Manual of Freediving Underwater on a single breath Second Edition

*By Umberto Pelizzari, Stefano Tovaglieri*

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#### **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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