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Manual of Freediving: Underwater on a Single Breath Paperback - 1 Dec 2016. by Umberto Pelizzari (Author), Stefano Tovaglieri (Author) 4.4 out of 5 stars 15 ratings. See all formats and editions Hide other formats and editions. Amazon Price New from Used from ...

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Manual of Freediving This is generally regarded as the bible of Freediving. The 362 pages are packed full of physiology, physics, techniques, and safety, but also contains a practical training guide developed by World Champion Umberto Pelizzari.

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Umberto Pellizari is the founder of Apnea Academy- the premier freediving school. He wrote the Manual of Freediving in 2001 and it was translated into english in 2004 by William Trubridge. It is the best basic text for beginner divers and those wishing to improve. Since it was published, freediving has evolved quickly.

10 Essential Books for Freediving - DeeperBlue.com

The book is a complete guide, a manual for the 1st Level of freediving technique. The writer uses his thirty years of experience as an instructor and designer of freediving courses, but most of all, the 15 years during which he has certified more than 1.000 free divers in the 3 levels of diver training, and describes a step by step method for reaching the first 10 meters in freediving.

Manual of Freediving: Underwater On A Single Breath (Ebook)

Yes a fantastic book i brought mine last year on Deeper Blue.Freediving is the real source of the book and will help with apnea and general freediving but isn't a book aimed at spearfishing.If you bear that in mind it really is good.

Manual of Freediving - Freediving - Spearfishing World

The book actually will contain certain things you need. Of course, you will get something based on the Manual of Freediving: Underwater on a Single Breath By Umberto Pelizzari, Stefano Tovaglieri of...

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Manual Of Freediving: Underwater On A Single Breath. This is the definitive guide, illustrated and up to date, for the aspiring apneist. From theory to practice this manual will accompany the reader in the discovery of a fascinating sport.

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The Manual of Freediving was co-authored by Umberto Pelizzari (a retired competitive freediver, 16 time world record holder, and founder of the Apnea Academy) and Stefano Tovaglieri (Freedive instructor trainer at the Apnea Academy and director for the Italian National freedive team). Their combined education and experience helped create the most comprehensive, in depth multi-level book I've ever read about freediving.

Manual Of Freediving Book

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.

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