
Stand Up Paddleboarding

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KOCH RICHARD

How to Increase Your Stand Up Paddling

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"Stand-Up Paddleboarding
2.0" has every term, trick,
and tip you'll ever hear

about the sport of SUP. As
one of the fastest growing
outdoor activities for
beginners, stand-up
paddleboarding is a great
way to lose weight, enjoy

nature, and improve your physique. "Stand-Up Paddleboarding 2.0" has a full glossary of SUP-related terms along with 101 tips and lessons associated with the sport. Just like my first HowExpert Guide "Stand Up Paddle Board Racing For Beginners", this is a good introductory guide to all things stand-up paddleboarding. In this version, you will find: - The top three things you need to become a good stand-up paddleboarder - Necessary equipment (and optional accessories)

to have a fun time out on the water - Proper paddling technique and safety tips - How to turn on a SUP - How to get back on your board - Health benefits associated with stand-up paddleboarding - Terms and definitions from A-Z about stand-up paddleboarding (every letter of the alphabet is covered) - 101 tips, tricks, and lessons about stand-up paddleboarding - My SUP race training diary for the 2018 season and additional resources
About the Expert: Based

in Lake Tahoe, California, Kayla Anderson loves to read, write, and play in the outdoors. In summer 2017, Kayla began working for one of the best paddleboard rental/coffee shops in America called Waterman's Landing. There, she has access to some of the best paddleboards, the water, and advice from two elite paddle board racers. She fell in love with the sport of SUP because it allows her to be out in the water more often than she already is. Kayla also

writes for The Tahoe Weekly and Enjoy Northern California Living magazine. This is her second HowExpert book on stand-up paddleboarding.

HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

Hawaii Paddleboarding

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Are you looking to try stand up paddling for the first time? Have you already paddled a few times and are now looking to purchase your own

stand up paddle board?

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Stand Up Paddle Instruction Book

How expert

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Table Rock Lake Paddleboarding
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The Stand Up Paddle Book

is the complete guide to stand up paddle surfing etiquette, equipment, and surfing technique! Nate Burgoyne, founder and editor of Stand Up Paddle Surfing Magazine, who is also and founder and instructor of Rainbow Watersports Adventures stand up paddle school in a Hawaii on the North Shore of Oahu, guides you through the exciting journey from window shopping for your first board to catching your first waves to taking your stand up paddle surf skills to a higher level in this,

the first book ever published, on the sport. Fun illustrations, comprehensive information, real life stories, and conversational voice packed into 268 pages make The Stand Up Paddle Book the best book for learning how to stand up paddle. TESTIMONIALS: "This clear and easy to read book is a great resource that takes you step-by-step so you can get out on the water and enjoy stand up paddling. Nate does a beautiful job of keeping

things simple to understand and easy to read." - Blane Chambers, Shaper and Founder of Paddle Surf Hawaii "In a cyber age where any fool with a keyboard can become an instant expert on stand up paddling, Nate Burgoyne is a breath of fresh air." - Dave Chun, Shaper and Founder of Kialoa Paddles
[Lake Sunapee Paddleboarding](#)
 Createspace Independent Publishing Platform
 This incredibly valuable book on stand up paddling performance is the next

best thing to having Suzie there next to you on the water and on land, training and coaching you. You might not be able to get to Maui, but Suzie Trains Maui can now come to you! Take advantage of these jewels NOW before your next race. Immediately you'll discover how to: - dominate with more paddle power - become faster off the start - build more body and water confidence - increase your mental game - choose the right fuel for training and race day - develop your

very own SUP program - improve your balance - download a FREE SUP Training Log There are hundreds of step-by-step photographs showing exactly how to increase your SUP performance. Improving your cardio capacity and endurance, learning how to develop better balance and faster reaction times for changing conditions, breaking waves or tight buoy turns; are just some of the many ways she will help you increase your paddle board performance. The book

you've been waiting for from Maui's elite SUP ocean trainer, athlete and globally known ambassador of the sport, Suzie Cooney, is finally here.

Mammoth Lakes
Paddleboarding

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Huntington Lake Paddleboarding
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"Walk On Water - A Guide To Flat Water Stand Up Paddling" "Walk On Water - A Guide To Flat Water Stand Up Paddling" is the result of almost a decade

of professionally teaching stand up paddling to thousands of people around the globe. Are you looking to try stand up paddling for the first time? Have you already paddled a few times and are now looking to purchase your own stand up paddle board? Do you want to safely introduce paddle boarding to your friends and family? Are you a yoga teacher or fitness instructor wanting to teach SUP Yoga or SUP Fitness? Are you a stand up paddle board retailer or SUP rental facility? Are

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Lake Hartwell Paddleboarding

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Are you looking to try stand up paddling for the first time? Have you already paddled a few times and are now looking to purchase your own stand up paddle board? Do you want to safely introduce paddle boarding

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Stand Up Paddling

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[Lake Barkley Paddleboarding](#)
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Stand-up paddleboarding is the fastest growing watersport in the world - with only a little

knowledge and practice, pretty much anyone can get up and get moving, and then there's no limit to where SUP can take you. This complete guide gives you everything you need to know to get started, and much more besides. All the basics are here, from fundamental equipment (a guide to boards, including bargain-priced inflatables, as well as paddles, clothing and simple safety gear) to essential techniques (getting on, getting moving and, just as importantly, landing and

getting off). Along with challenges and games to play with your new paddleboarding buddies, the book explores places to go and things to see, from rivers and canals to coastlines and travel further afield. The book also explains all the important stuff you might need to understand about weather, tides, waves and currents. However, *The Paddleboard Bible* then goes much further. It will take you on paddleboard adventures, from night paddles (showing you the world from the water in a

way you've probably never seen it before) to wildlife-spotting safaris and unique photography opportunities; it even reveals the benefits of fishing from a paddleboard. And it's not all gentle stuff – for adrenaline junkies there is SUP surfing, riding white water rapids and for the more competitive types, SUP racing. SUP is also great for fitness (you haven't done yoga until you've done SUP yoga) and there's a booming social side too. It's a fantastic way to meet new

people, join groups, go to events and go on unique tours. However you want to get into stand-up paddleboarding, whether you're curious about trying it one afternoon, want to dive into it as a new hobby or really get involved in the scene and the lifestyle, then *The Paddleboard Bible* is the one-stop book that covers everything you need to know about the most accessible and inexpensive paddlesport. [Lake Tahoe Paddleboarding](#)
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Ka'nu Culture

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Journey! Tim Ganley & Vie Binga

Shaver Lake Paddleboarding

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"Stand up paddling is another way to get on the water, enjoy nature and benefit from a tremendous workout." --

Back cover

Lake George

Paddleboarding

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The first UK how-to book on Stand Up Paddleboarding: a perfect introduction. It shows you

how to SUP: launching, the correct stance, paddling, turning and landing. It advises you how to choose your equipment and look after it. It talks about weather and safety issues and the main types of SUP: touring, racing, surfing and yoga / fitness.

Soap Lake Paddleboarding
Skipstone

Be sure to download the "Rivers" chapter for free so you can try the book before you buy! * Stand Up Paddling (SUP) is the fastest growing outdoor sport * The first

comprehensive guidebook to how to SUP at all levels * SUP appeals to everyone, from fitness enthusiasts to paddlers looking for a new challenge
Hawaiians were stand up paddle surfing (known as SUP) in the '50s and '60s, but the sport was first seen on the U.S. mainland in the early 2000s, when surfers Laird Hamilton and Rick Thomas brought it to California. Now you see SUP popping up everywhere -- it's ranked as the fastest growing sport in the U.S.

by the Outdoor Industry Association. Longtime stand up paddler and instructor Rob Casey has authored the first and only comprehensive guide to the sport. From choosing the right gear to stroke techniques (j-stroke, Tahitian, sculling brace) and fitness advice, Rob will have you stand up paddling in no time. Specific chapters focus on flat-water paddling, paddle surfing, and river paddling to show you exactly what you need to take your SUP skills and knowledge to a specific

environment. Whether you want to learn about fitness or expedition planning in flat water, how to forecast waves and current for surfing, or how to use river eddies to your advantage -- it's all here in this easy-to-reference guidebook from a SUP expert. If you want to know more about Stand Up Paddling author Rob Casey be sure to check out his amazing photography, and for more frequent updates from our SUP paddling guru be sure to check out his blog, Facebook page,

Twitter account, or even his YouTube page!
[Stand Up Paddleboarding - A Beginner's Guide - Learn to SUP](#) Createspace Independent Publishing Platform
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Lake Powell Paddleboarding

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continuously evolving and developing sport. Board construction, gear availability, sport etiquette, fitness and exercise science, real life situations are for example some of the parameters that constantly change. Having said that, we would love to hear how this book helped you in your own stand up paddle explorations. Is there something you would like to see added to "Walk On Water"? Do you have an inspiring stand up paddle story you wish to share with your fellow paddle

boarders? It just so might be featured in our next revision. We can be reached at training@asktimandvie.com Embrace, Explore, Live Learn... Happy & Safe Journey! Tim Ganley & Vie Binga

The Art of Stand Up Paddling Createspace Independent Publishing Platform

Are you looking to try stand up paddling for the first time? Have you already paddled a few times and are now looking to purchase your own stand up paddle board?

Do you want to safely introduce paddle boarding to your friends and family? Are you a yoga teacher or fitness instructor wanting to teach SUP Yoga or SUP Fitness? Are you a stand up paddle board retailer or SUP rental facility? Are you a long term stand up paddle boarder and want to learn more about your paddle board and SUP gear? Are you a fitness buff wanting to enhance your exercise regime? Are you an outdoor enthusiast looking for an easy year round activity? Are you an

athlete looking to cross train? If you answered yes to any of the above, then this book is the answer to all your questions. This book begins by studying the gear that is essential for paddle boarding. If you already own or have otherwise access to a paddleboard and/or other SUP gear, this book will help you understand and appreciate what your gear is best made for. If you do not already have access to a paddleboard/gear, after reading this book you will be able to choose the board and gear that is

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The Paddleboard Bible
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