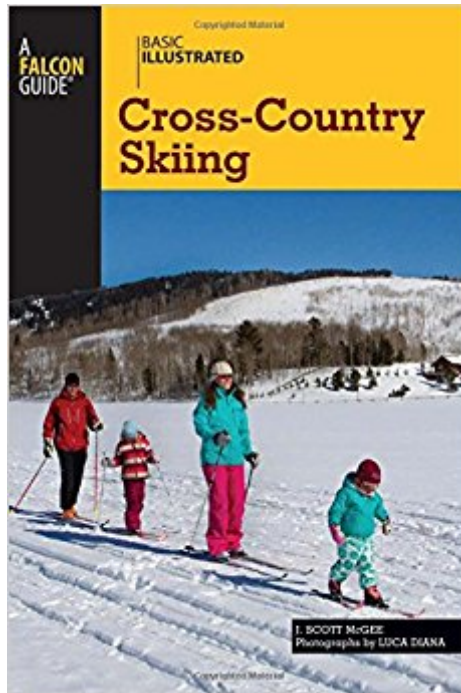




The book was found

Basic Illustrated Cross-Country Skiing (Basic Illustrated Series)



Synopsis

Richly photographed and information-packed tools for the novice or handy reference for the veteran,Â BASIC ILLUSTRATEDÂ books distill years of knowledge into affordable and visual guides. Whether you're planning a trip of thumbing for facts in the field, the BASIC ILLUSTRATED series shows you what you need to know.

Book Information

Series: Basic Illustrated Series

Paperback: 112 pages

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Language: English

ISBN-10: 0762777648

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Product Dimensions: 0.5 x 6 x 8.8 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #449,697 in Books (See Top 100 in Books) #15 inÂ Books > Sports & Outdoors > Outdoor Recreation > Skiing > Cross-Country #377 inÂ Books > Sports & Outdoors > Winter Sports

Customer Reviews

â œCross-Country Skiingâ • is easy to read and very informative. The book is well-organized and guides beginners and intermediate classic and skate cross-country skiers through techniques and effective drills for cross-country ski skills. I think that the book would also be of real value for ski instructors that look for teaching progressions. The book is well illustrated.

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