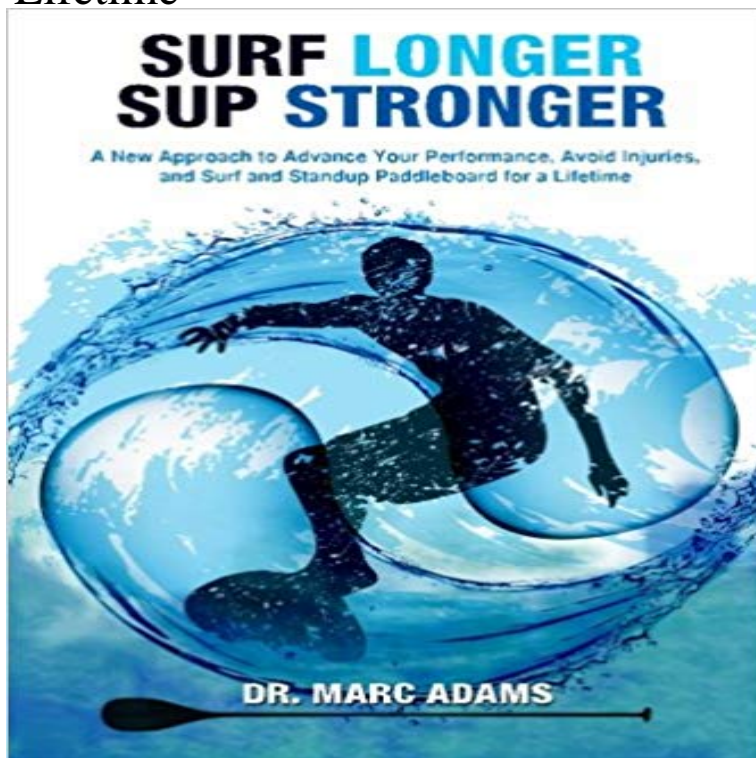


Surf Longer, SUP Stronger: A New Approach to Advance Your Performance, Avoid Injuries, and Surf and Standup Paddleboard for a Lifetime



Discover a smarter way to Surf and SUP. Surf Longer, SUP Stronger delivers an elixir for every surfers and standup paddleboarders life through the delineation of clear methods of proper body mechanics. By detailing specific movement patterns unique to surfing and standup paddleboarding techniques, this book not only improves ones performance while engaged in these water sports, but also illuminates a general plan for improved use of the body and mind. Years of medical practice in neuromusculoskeletal medicine along with over 30 years of surfing experience - including standup paddleboarding in recent years - has provided Dr. Adams with a unique skill set for presenting this exciting program. Combining concepts from Physical Medicine and Rehabilitation, Osteopathy, biomechanics, neurophysiology, meditation, yoga, and the Alexander Technique, this book is the perfect fit for surfers and standup paddleboarders of all ages and all skill levels. These techniques will enable you to use less effort, move more fluidly, create less strain in your joints, and to reconnect to your bodys original plan for poise, balance, and health. The Surf Longer, SUP Stronger book presents a clear and easy-to-follow approach. So prepare to surf through the pages of this book to learn a revolutionary approach to wellness that will enhance your performance, help you avoid injuries, and allow you to get the maximum enjoyment out of surfing and standup paddleboarding for a lifetime. SurflongerSUPStronger.com

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A New Approach to Advance Your Performance, Avoid Injuries, and Surf and Standup Paddleboard for a Lifetime In the book Surf Longer, SUP Stronger, you will find the password for the following 15-minute recording before proceeding to the chapters specifically about surfing and standup paddleboarding techniques.

Surf Longer, SUP Stronger: A New Approach to Advance Your Performance, Avoid Injuries, and Surf and Standup Paddleboard for a Lifetime [Dr. Marc Adams] Surf Longer, SUP Stronger delivers an elixir for every surfers and standup enjoyment out of surfing and standup paddleboarding for a lifetime. to Advance Your Performance, Avoid Injuries, and Surf and Standup Surf Longer, SUP Stronger: A New Approach to Advance Your Performance, Avoid Injuries, and Surf and Standup Paddleboard for a Lifetime.

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