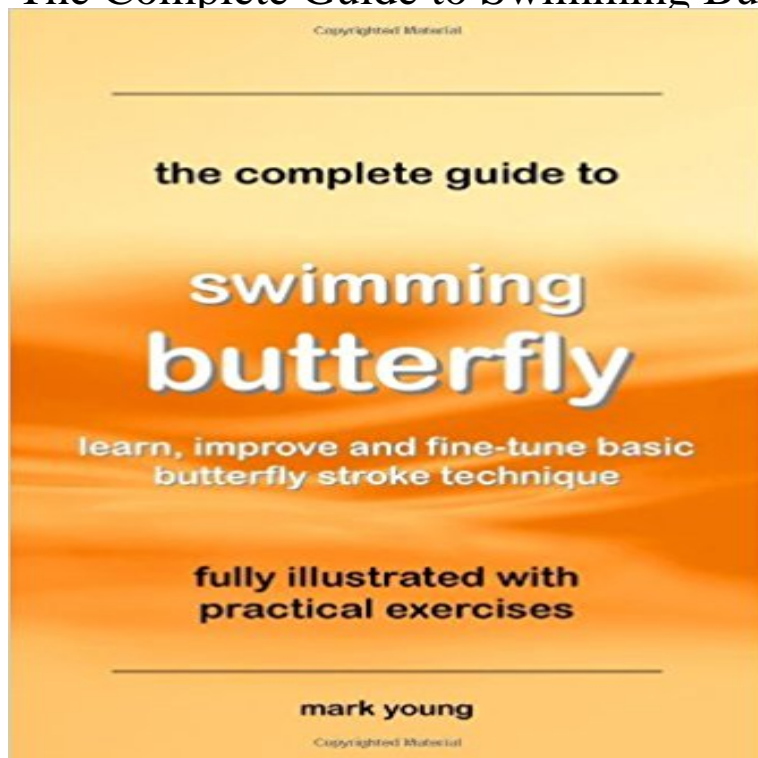


The Complete Guide to Swimming Butterfly



The Complete Guide to Swimming Butterfly is the perfect quick-fix for anyone wanting an easy to follow, concise and simplistic guide book. For the complete beginner, this book helps to learn and understand the basic stroke, and for the established swimmer to adjust and improve. The 16 fully illustrated exercises contained in this book cover all aspects of the stroke and can help any beginner to learn and practice, and any swimmer to eliminate bad habits and fine-tune their butterfly.

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