



How To Swim Backstroke: A Step-By-Step Guide For Beginners Learning Backstroke Technique

Mark Young

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Always wanted to learn how to swim Backstroke? Do you find basic backstroke technique difficult? How To Swim Backstroke is your perfect guidebook, with over 20 simple exercises containing top tips and key coaching points. Fully illustrated and concise, you will discover: How to learn basic Backstroke in easy steps How to swim with smooth relaxed technique How to isolate and correct your bad habits The perfect aid for any complete beginner to learn, understand and practice and for any swimmer to adjust, correct and improve.

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Steve Henry:

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