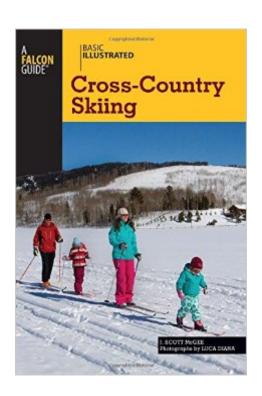
The book was found

Basic Illustrated Cross-Country Skiing (Basic Illustrated Series)





Synopsis

Richly photographed and information-packed tools for the novice or handy reference for the veteran, 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

Publisher: Falcon Guides (October 2, 2012)

Language: English

ISBN-10: 0762777648

ISBN-13: 978-0762777648

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 stars Â See all reviews (1 customer review)

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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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