



Beginners Guide For Freediving: Gear, Training, Essential Tips

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This fast and easy freediving guide is mostly suitable for beginners of this recreational activity. If you feel like freshman when somebody talk about diving equipment or breath hold techniques – this book is for you. As you can see – this book is not very long, so you can really read it even if you do not like books or reading. This book contains only information which you need to know. There is not much oration – only clear information. You will find here:

- Equipment – how to choose.
- Training for beginners in general.
- Breath hold training.
- Lung trainings. Simple exercises.
- CO2 and O2 tables training.
- Equalization.
- Tips and warnings for your training.
- Little more...



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