



## The Art of Sculling

By Joe Paduda

McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, The Art of Sculling, Joe Paduda, Experienced scullers know already, and the uninitiated will soon learn: blending the countless details of balance, stroke, sculls, and shell into the steady, seemingly effortless rhythm of a good row is no easy task. Yet when those elements mesh, the result is exhilarating. Whether you're an experienced masters sculler looking for an edge in the next Head of the Charles regatta or a novice interested in developing an enjoyable exercise program, "The Art of Sculling" demystifies both the basics and complexities of a sport that brings health and satisfaction to tens of thousands of people worldwide. Joe Paduda, a competitive rower, exercise physiologist, and coach of both high school and senior rowing club crews, wrote "The Art of Sculling" with a coach's eye, taking you through the same natural progression he's seen countless scullers follow - from your first row through advanced training techniques. Paduda begins with the basics, builds on them, then further refines them in a formula that fits both novice and veteran. Here in 12 amply illustrated chapters is everything from choosing the right boat and the right workout to drills...



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