



The Bodyboard Manual: The Essential Guide to Bodyboarding

Rob Barber

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The Bodyboard Manual is the definitive guide to bodyboarding, the most exciting and accessible watersport on the planet – fact! This fifth edition has been expanded and updated to include more info, more tips and more dream destinations for bodyboarders of all abilities.

For beginners there are sections covering the basics – equipment, technique, safety, swell forecasting...all the things you need to know to get started. For intermediate and advanced riders there's info about how to bust sick manoeuvres, where to find the best bodyboard waves, how to get super fit, how to win contests, and heaps more. With tips and advice from the world's top bodyboarders there's useful stuff for every situation.

Author Rob Barber is the editor of *ThreeSixty*, Europe's leading bodyboard magazine, and a bodyboard instructor with nearly two decades of experience.

The Bodyboard Manual includes a stack of quality imagery taken by the best photographers in the biz, including Sacha Specker, Ray Collins, Tim Jones, Rod Owen, Mike Searle, Tim McKenna, Andy Lawrence, Tom Young, Russell Ord and Mickey Smith.

The book also includes a comprehensive resources section where boogers can find up-to-date info about travel agencies, surf camps, bodyboard schools, shops and websites.

Whether you're a complete beginner or an air-busting shredder, *The Bodyboard Manual* will help you take your bodyboarding to the next level.

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