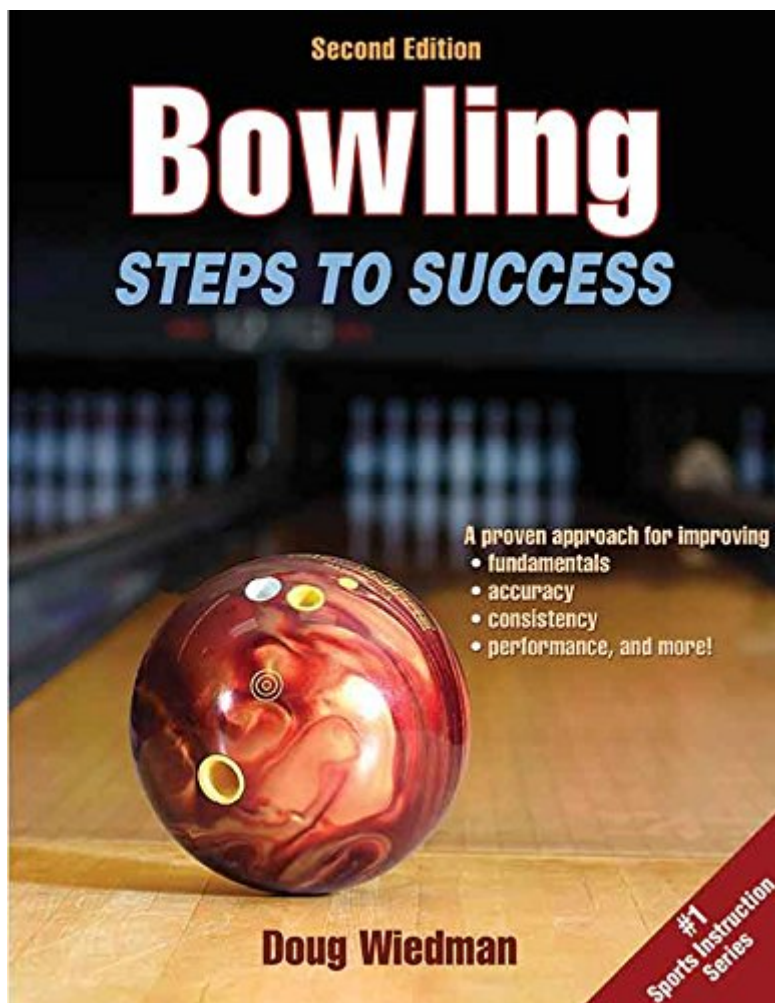


The book was found

Bowling: Steps To Success, 2E



Synopsis

This step-by-step guide to conquering the lanes covers grip, stance, footwork, arm swing, timing, strike targeting, and spare shooting as well as strategies for adjusting to various lane conditions. Dozens of drills and self-scoring exercises chart progress and accelerate improvement.

Book Information

File Size: 13504 KB

Print Length: 256 pages

Publisher: Human Kinetics; 2 edition (September 25, 2015)

Publication Date: September 25, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B015TBVLBQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #694,422 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #19

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Bowling #41

in Books > Sports & Outdoors > Individual Sports > Bowling

Customer Reviews

Easy read and simple steps to follow. Thank you!

Great book to use as source and training

Book is great, Delivery was on time. This book will help me with coaching bowling. Thanks

Chocked packed with detailed information for improving every aspect of your bowling game, this book will definitely help the beginner and advanced bowler! Through explanations, diagrams and helpful photos are given with every technique. Especially helpful are the bowling problems and the corrections. Soup to nuts with safety, ball fit, lanes, equipment and scorekeeping, this book has it

all. Your bowling game should definitely improve after reading this book.

As a fairly new bowler (4 years), I was excited to be given the opportunity to review this book. It was very helpful in understanding the game and gave me insight as to what I needed to improve and work on. The book was easy to understand and extremely informative. I feel this book would be pertinent to both new and experienced bowlers. Well written.

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