

Umberto Pelizzari

Stefano Tovaglieri

Manual of Freediving

Underwater on a single breath



**IDELSON
GNOCCHI**



From theory to practice: the first entirely illustrated and complete guide to freediving

The definitive guide, illustrated and up to date, for the aspiring apneist. From theory to practice this manual will accompany the reader in the discovery of a fascinating sport.

A manual that should not be missing from the itinerary of any diver (apneist or otherwise) who wishes to improve their techniques of respiration, swimming and diving whilst broadening knowledge and theory.

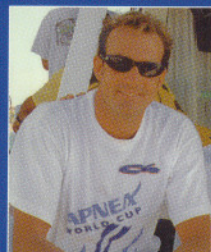
Dozens of exercises, illustrated with helpful sequences of pictures allow both students and instructors of apnea to follow a simple and effective teaching path.

From the experience of two sportsmen, with years dedicated to competitive and instructive apnea, finally a manual that unites theory with practical.



**UMBERTO
PELIZZARI,**
*the champion
Italian freediver
who broke 17
world records in
all the disciplines.*

**STEFANO
TOVAGLIERI,**
*an experienced
Scuba and Apnea
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