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A Manual of Freediving

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The freediving wetsuit is the freediver's second skin, it keeps the body warm while in the water. A freediving wetsuit should ideally be made out of open cell material (which sticks to the skin and limits the circulation of water between the skin and the suit) and in 2 parts; long trousers and a jacket with a beaver tail and hood (no zippers). Scuba suits are not suitable for freediving, water circulates quite freely in them, which is fine if your body is constantly on the move, this ...

Freediving - Wikipedia

Is the first comprehensive manual that teaches how to hold the breath, stay underwater longer, and descend deeper into the blue. The book includes a history of freediving, and detailed drawings of underwater exercises, finning techniques and selected Yoga postures to enhance lung capacity.

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