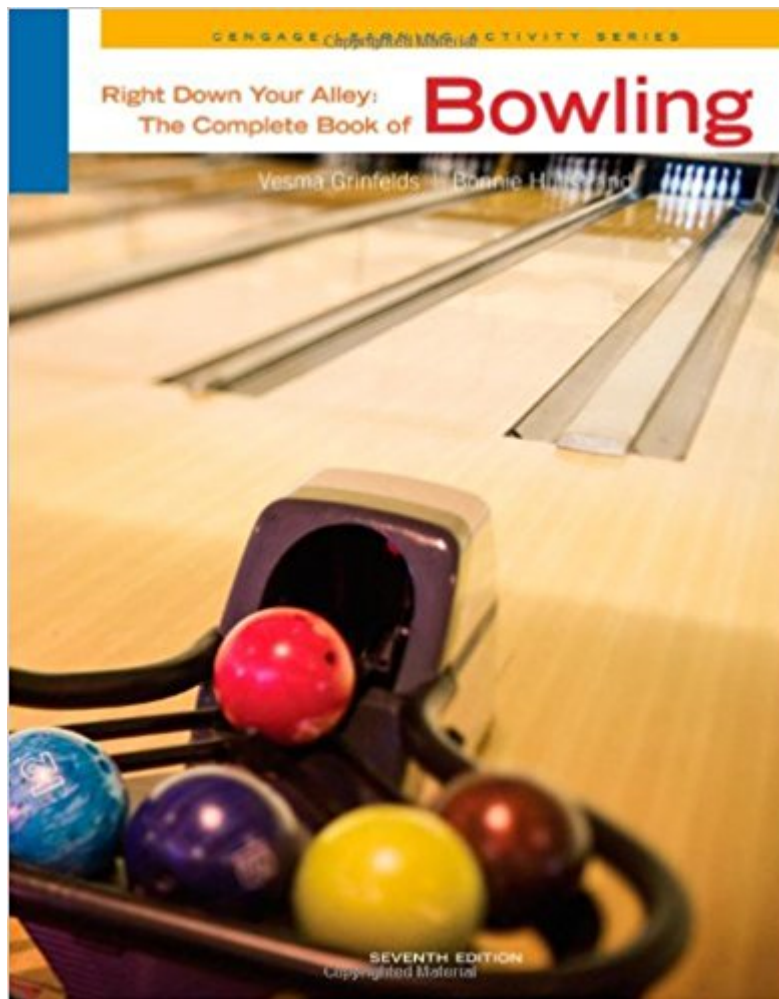


The book was found

Right Down Your Alley: The Complete Book Of Bowling (Cengage Learning Activity)



Synopsis

Cengage Learning Activity Series Get the most out of your favorite physical activities. From aerobics and yoga -- to bowling, tennis, weight training, and more -- the Wadsworth Physical Education Activities Series goes beyond the basics, showing you how to improve, excel, and get more enjoyment from your activities, whatever your skill level and background. **RIGHT DOWN YOUR ALLEY: THE COMPLETE BOOK OF BOWLING** covers everything you need to know about the game, along with strategies you can use to keep improving. This comprehensive guide covers topics ranging from holding the ball to the principles of movement and competitive bowling. With this book in your pocket you will be bowling strikes in no time at all!

Book Information

Series: Cengage Learning Activity

Paperback: 192 pages

Publisher: Cengage Learning; 7 edition (January 1, 2011)

Language: English

ISBN-10: 0840048076

ISBN-13: 978-0840048073

Product Dimensions: 8.5 x 0.3 x 10.8 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars Â Â See all reviews Â (8 customer reviews)

Best Sellers Rank: #542,745 in Books (See Top 100 in Books) #27 in Â Books > Sports & Outdoors > Individual Sports > Bowling #86 in Â Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition #121 in Â Books > Medical Books > Nursing > Medical Nutrition

Customer Reviews

This is a good book for beginning bowlers. It overviews everything and tells you how to pick up spares using the arrows. This book helped improve my score by about 100 pts.

Thorough, but mind of cheesy, and most of the stuff is self explanatory

Needed for college but did improve my game a little.

Book was very useful for my bowling class. The pictures give a good representation of how the correct bowling technique is done.

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