

# **Freediving Training Manual**

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AAUS Standards for Scientific Diving (2013) - PDF Format . When standards manuals are submitted as part of an Organizational Member application,

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Dry Training for Freediving [Umberto Pelizzari, Federico Mana, Roberto Chiozzotto, Alice Cattaneo, Giovanni Contessa, Igor Liberti, Stefano Tovaglieri, Riccardo

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