

# **Freediving Training Manual**

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Streeter took up freediving at age 25 and almost immediately began to break records. Submarine escape training facility; Underwater diving; Underwater sports

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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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