



Ultimate Guide to Weight Training for Skiing (2nd Revised edition)

By Robert G. Price

Price World Enterprises. Paperback. Book Condition: new. BRAND NEW, Ultimate Guide to Weight Training for Skiing (2nd Revised edition), Robert G. Price, This is the most comprehensive skiing specific training guide in the world today. It contains descriptions and photographs of the most effective weight training, flexibility and abdominal exercises used by athletes world-wide. It is a year round training programme guaranteed to improve performance and get results.



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