



Ultimate Guide Sports Training

Rob Price



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The Ultimate Guide to Weight Training for Tennis Rob Price,2014-05-14 A program for exercising more efficiently by targeting the muscles you use specifically for tennis

Rise Above the Rest Kyle Hollenbeck,2015-10-08 *The Ultimate Guide to Weight Training for Rugby* Robert G. Price,2007-03-01 No other rugby book to date has been so well designed so easy to use and so committed to weight training This book will have the player increasing strength quickness agility and endurance

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