



Hammer (whh)(Chinese Edition)

By SHI FU ZHONG XIN ZHU . LI HONG JIANG DENG YI SHEN

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2002-08-01 Publisher: People's Sports Information Title: Hammer (whh) List Price: \$ 10 Author: Murofushi Shigenobu with Li Hung etc. the proofreader Press: People's Sports Publishing Date :2002-8-1 ISBN : 9787500921288 words: Page: Revision: Binding: Folio: Weight: Editor's Summary In recent years. the world athletics better at sport very surprised. From the Olympic Games. World Championships to see the outstanding performance of the high-level athletes. the only athletics can feel is the mother of the movement of these world-class athletes how to train? Mastered what kind of technology? Have one thing in common. must be paid a great deal of effort to reach this level. People know the words. and who wants to improve the level of athletics. who must first lay a solid foundation of physical fitness. and basic technical foundation. Participate in athletics training at the beginning. it is necessary to have a good Getting Started. In other words. in the process to lay the foundation and master the basic techniques. to truly understand athletics. In order to improve the athletic level. served as a trainer...



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