



The Athlete's Ball: Developing the Athlete's Power Core

By Rick Jemmett

Novont Health Publishing, United States, 2004. Paperback. Book Condition: New. 251 x 201 mm. Language: English . Brand New Book ***** Print on Demand *****.Written for coaches, personal trainers and competitive athletes, this authoritative manual details an innovative strength conditioning program used by professional and elite athletes. Concise instructions along with more than 300 photographs describe the book's 122 integrative training exercises. Includes a section on the prevention of knee injuries in female athletes and a collection of seven sample training programs. By the author of Spinal Stabilization The New Science of Back Pain. Original.



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Reviews

An incredibly awesome publication with perfect and lucid reasons. It can be written in simple phrases and not confusing. I am just delighted to let you know that this is actually the very best publication I actually have studied during my very own lifestyle and could be the best publication for actually.

-- **Paula Gutkowski**

Thorough guide! It's such a very good go through. It is really simplified but surprises in the 50 % from the ebook. You will like how the blogger writes this ebook.

-- **Mr. Brandt Kihn**

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The Wolf Who Wanted to Change His Color My Little Picture Book

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