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THE COMPLETE GUIDE TO SUSPENDED FITNESS TRAINING (COMPLETE GUIDES)



Bloomsbury USA. Paperback. Condition: New. 176 pages. Dimensions: 9.1in. x 7.4in. x 0.6in. The Complete Guide to Suspended Bodyweight Training provides a comprehensive picture of this hot new trend in fitness training and how the equipment can be used to improve functional strength, stability, and rehabilitation, as well as sports-specific training. This is ideal reading for anyone interested in fitness and weight training and anyone who wants to know how to apply this knowledge within their personal training program or that...

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- Authored by Ben Pratt
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