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SKIING FITNESS: REACH YOUR POTENTIAL ON THE SLOPES



Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Skiing Fitness: Reach Your Potential on the Slopes, Mark Hines, Whether you are a first time skier or regularly take to the slopes, your chances of an enjoyable - and injury free - holiday are greatly enhanced if you prepare for the physical exertion of skiing. This book offers readers a fitness programme specifically designed for the rigours of skiing. The book begins with an overview of the most common injuries...

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- Authored by Mark Hines
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