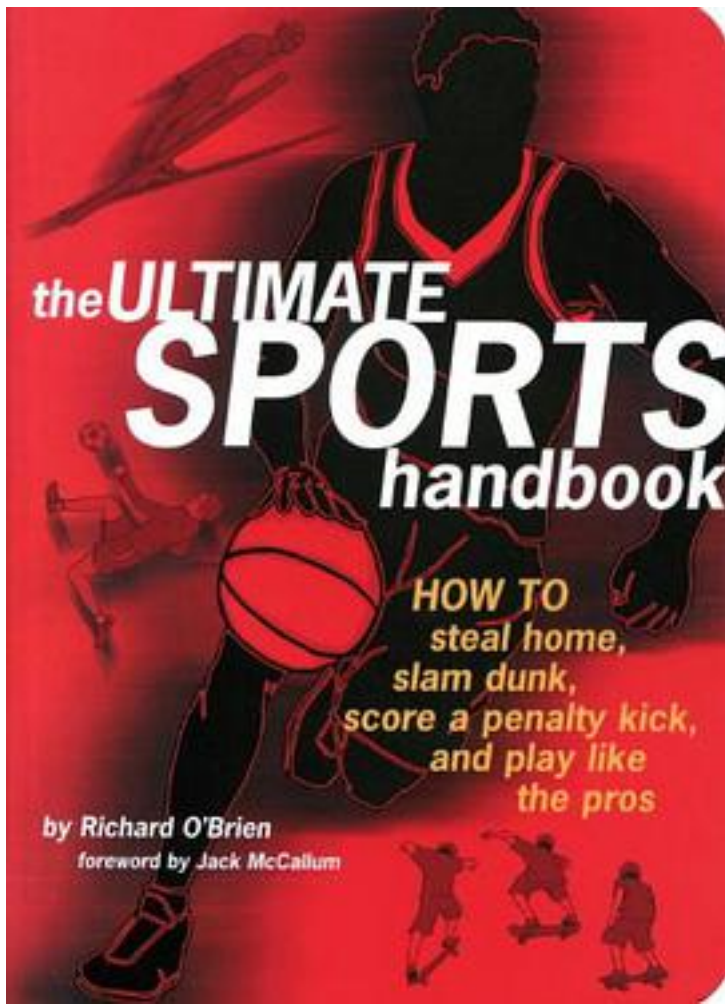


The Ultimate Sports Handbook



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出版者:QUIRK

出版时间:2005-4

装帧:

isbn:9781594740343

How does Serena Williams deliver such crushing serves? How does Michael Jordan slam dunk? How can Dale Earnhardt Jr. survive hairpin turns at 200 miles an hour? The

Ultimate Sports Handbook unveils how today's biggest sports stars play to win complete with hands-on advice and training tips from celebrated athletes like Tiger Woods, Andy Roddick, Charles Barkley, Jerry Rick, Joe Frazier, and countless others. You'll discover how to: - Sack the Quarterback

- Throw a Knuckleball

- Ski Jump

- Pole Vault

- Throw a Left Hook

- Hold Out from the Sand

- Do a Motocross Backflip

- and much, much more Complete with step-by-step instructions and practical illustrations, The Ultimate Sports Handbook offers the play-by-play on how to perform 35 wildly impressive athletic feats from pro games and Olympic events to the latest in extreme sports. It's the one guide that answers every sports fan's first question: "Hey how do they do that?"

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