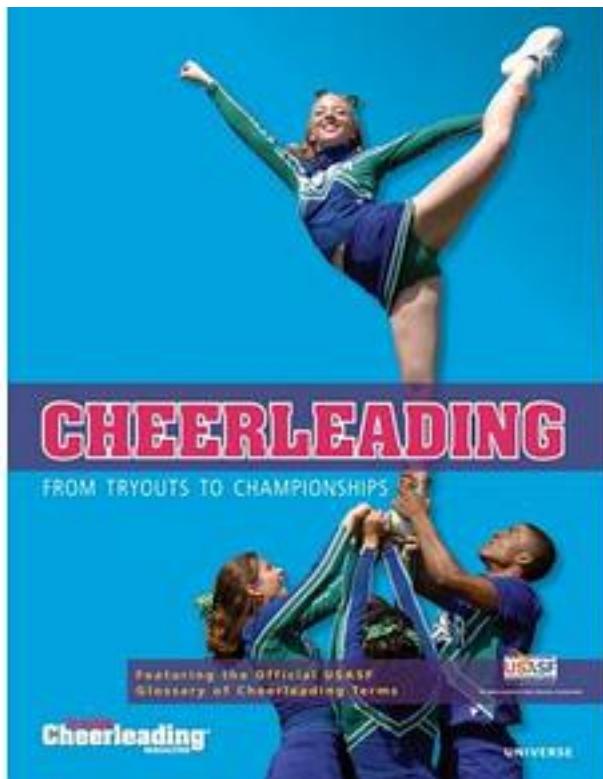


Cheerleading



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Every athlete and sports person, whether a football player, soccer player, wrestler, weight trainer, or gymnast, suffer injuries: they are an inevitable consequence of playing any sport rigorously. Here, you will find out the best kind of equipment for safe, effective training; how to prevent injuries through special training and pre-exercise stretching, how to treat injuries when they occur; when to consult a medical professional; and how to come back from injury as quickly as possible and stronger than ever. Each of the 17 titles in this series is an indispensable aid for all sports

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