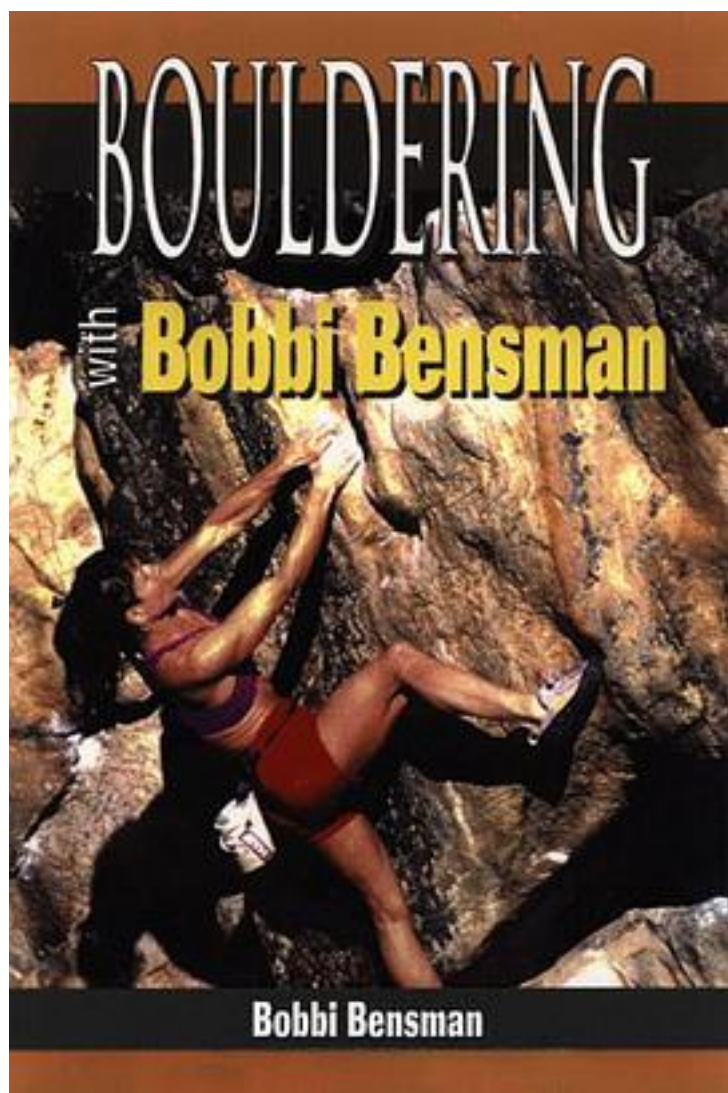


Bouldering with Bobbi Bensman



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著者:Bensman, Bobbi

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Basic and advanced grips and moves including dynos, manteling, bumping, backstepping, and the figure four reach. With conditioning and training techniques and an insider's look at how to compete and win.

作者介绍:

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