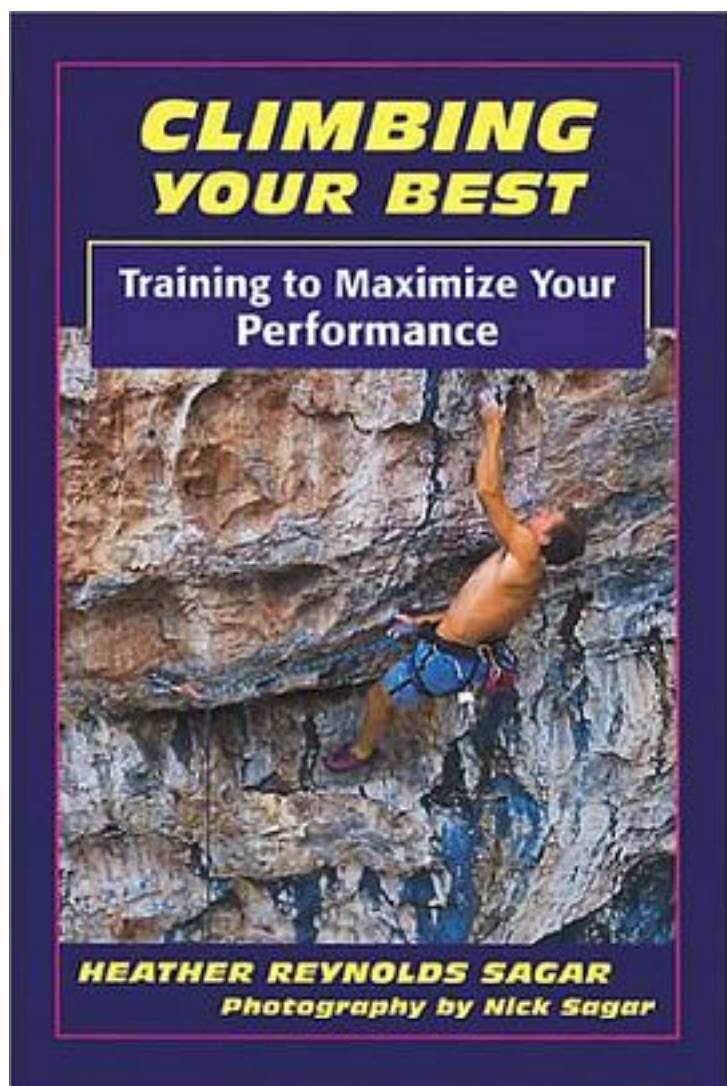


Climbing Your Best



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著者:Heather Reynolds Sagar

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Tests for assessing strengths and weaknesses; programs for improving strength, flexibility, and technique; ways to overcome psychological barriers.

作者介绍:

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