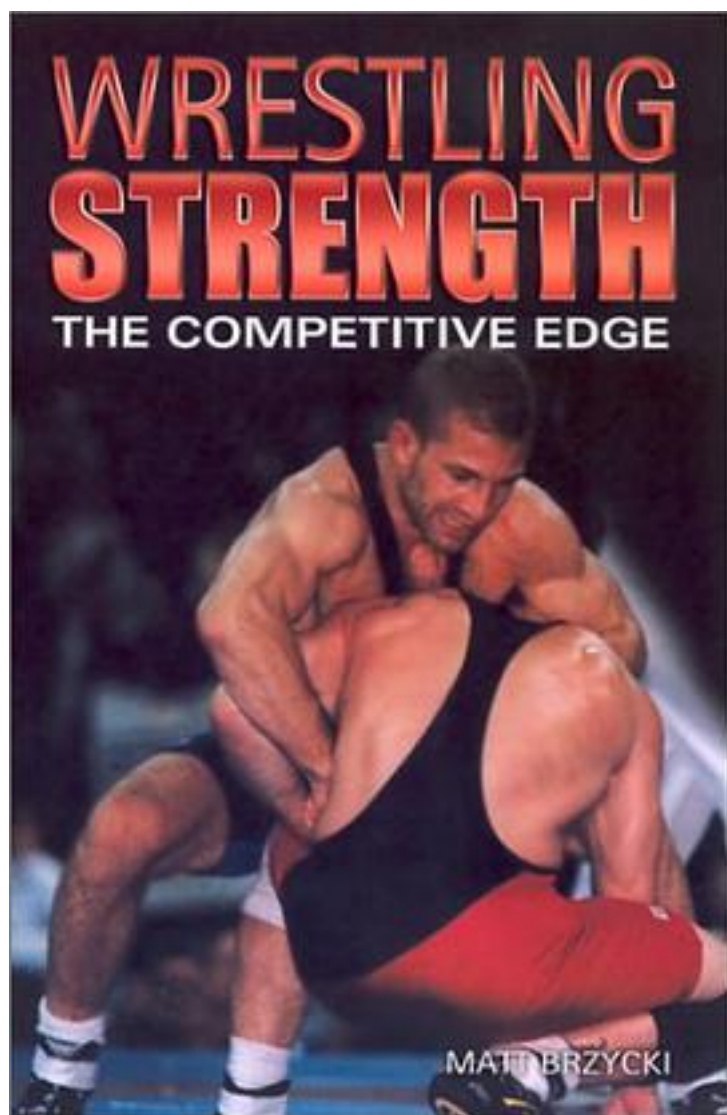


Wrestling Strength



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This book features chapters on the following: designing a strength program, stimulating muscular growth, fibre types and repetition ranges, metabolic conditioning, getting the most out of dips and chins, manual resistance for wrestlers, improving skills: what the research says, and summer conditioning program for wrestling.

作者介绍:

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