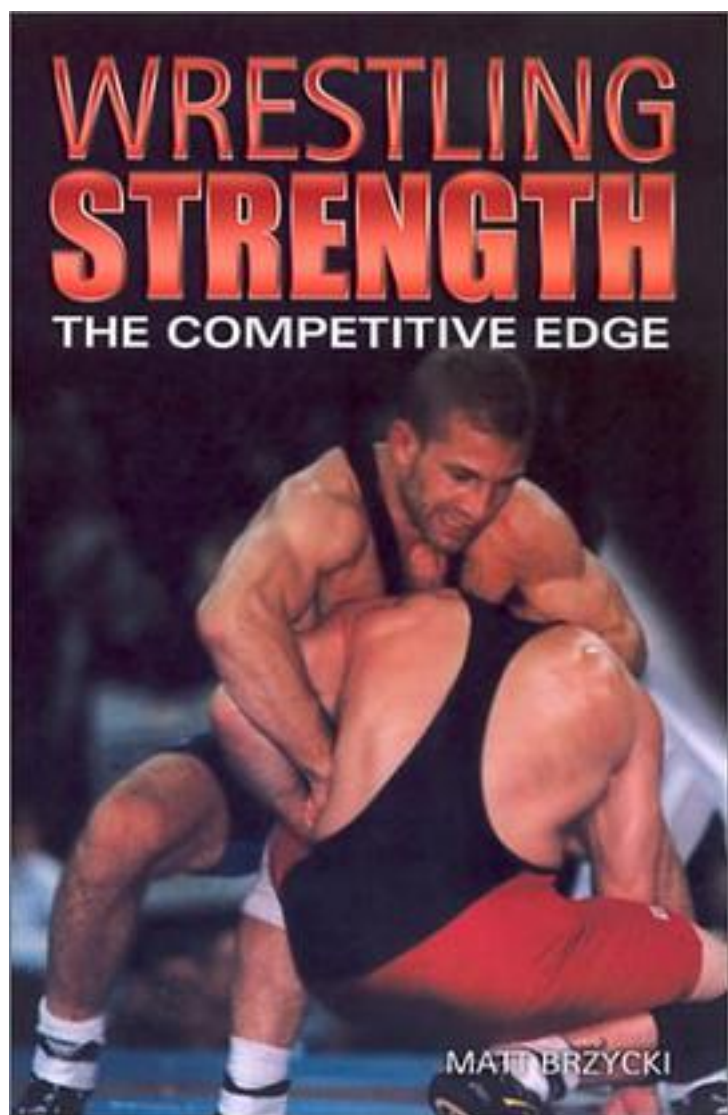


Wrestling Strength



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著者:Brzycki, Matt

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This book features chapters on the following: strength training, injury trends in wrestling, protecting the knee, protecting the shoulder, rehabilitative strength training, the importance of intensity, the importance of progressive overload, adolescent strength training and strengthening the abdominals.

作者介绍:

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