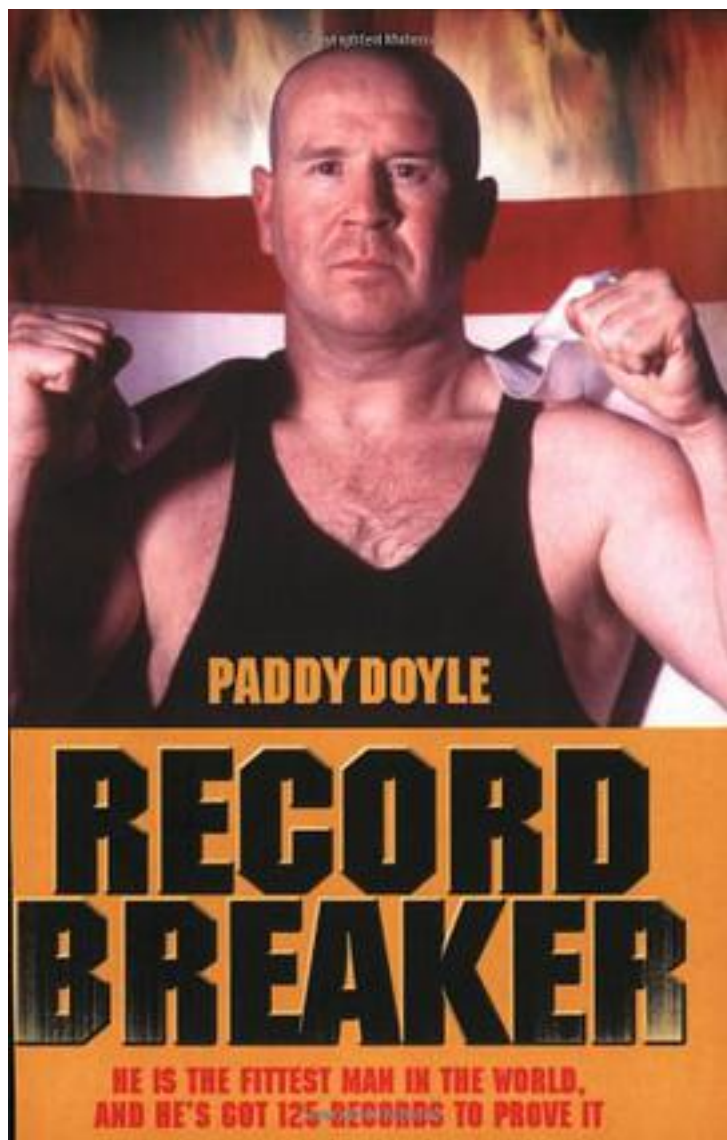


Record Breaker



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著者:Doyle, Paddy

出版者:Trafalgar Square

出版时间:

装帧:Pap

isbn:9781843581253

As a young man Paddy Doyle was a hell-raiser. He would pick fights and get in trouble with the law, but he channelled his destructive energy into becoming a winner. To date, Paddy Doyle holds 125 national, European, and world fitness and martial arts records. Some of his records are 1,303 back-of-hands press ups in one hour; a 50 mile run wearing a 40 lb back back in 11 hours and 58 minutes, and an incredible 5,000 sit ups with a 50 lb plate in five hours. This is the inspiring story of a man who is a true champion in both heart and mind, whose determination to succeed has taken him from the back-streets of Birmingham to the brilliance of a world champion.

作者介绍:

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