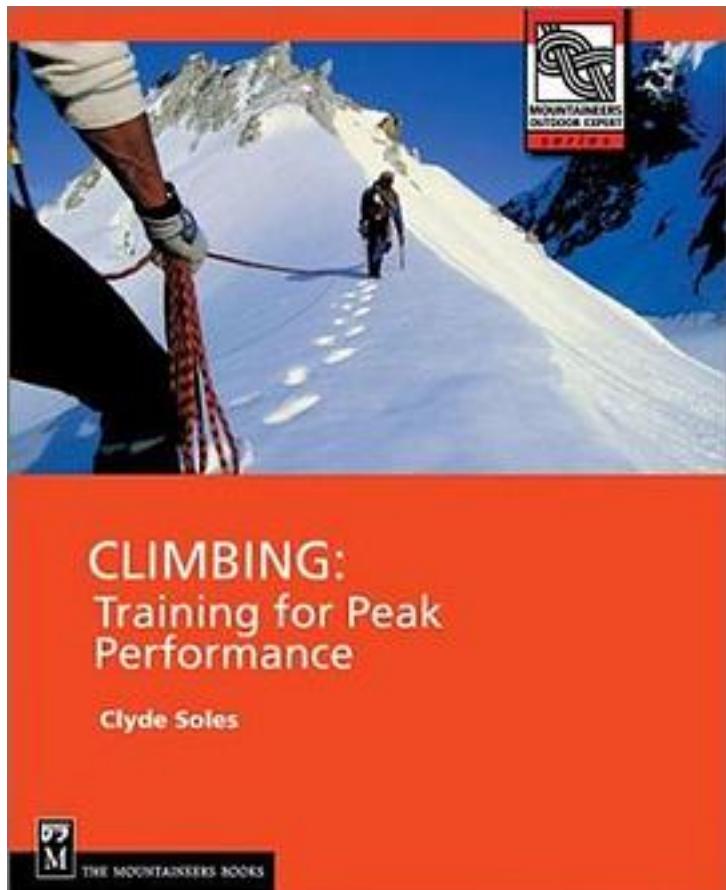


Climbing



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Climbers at all levels benefit from working to build core strength, opening the door to higher levels of achievement. This new edition of the Mountaineers Outdoor Expert series classic is completely updated and expanded. There is new instruction on yoga, Pilates, and herbal supplements, as well as an expanded section on core training. The

book contains more information about rehabilitation after an injury, plus several new training programs.

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