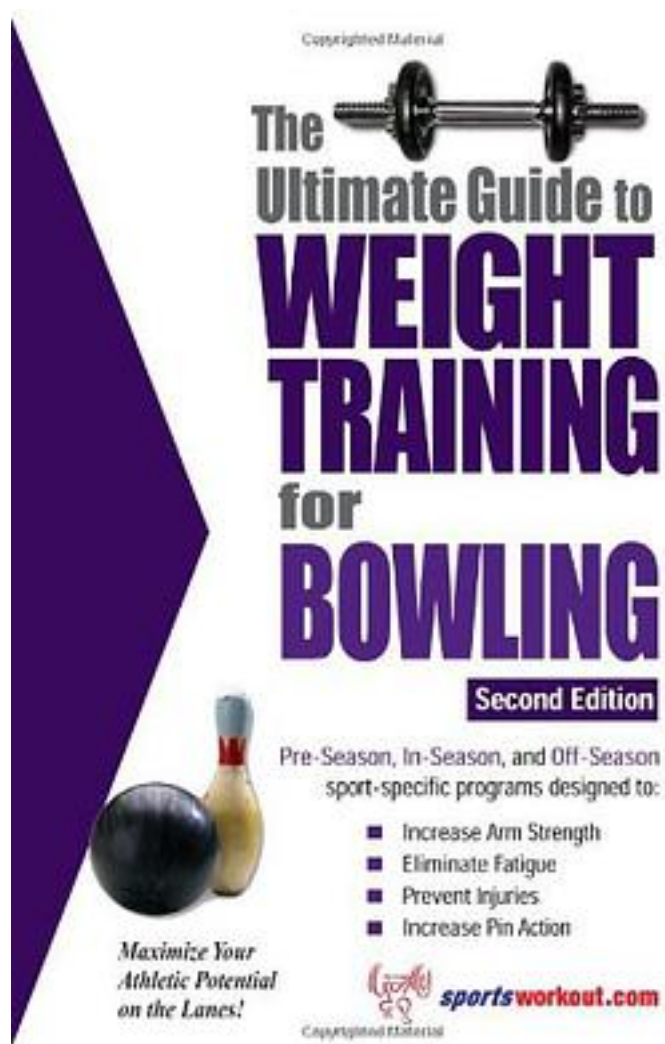


Ultimate Guide to Weight Training for Bowling



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著者:Price, Robert G.

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No other bowling book has been so well designed and committed to weight training. It will focus your attention on increasing endurance, strength and flexibility that are needed by bowlers. By following this guide you will get more speed on your rolls, more pin action and overall higher scores and success on the lanes.

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