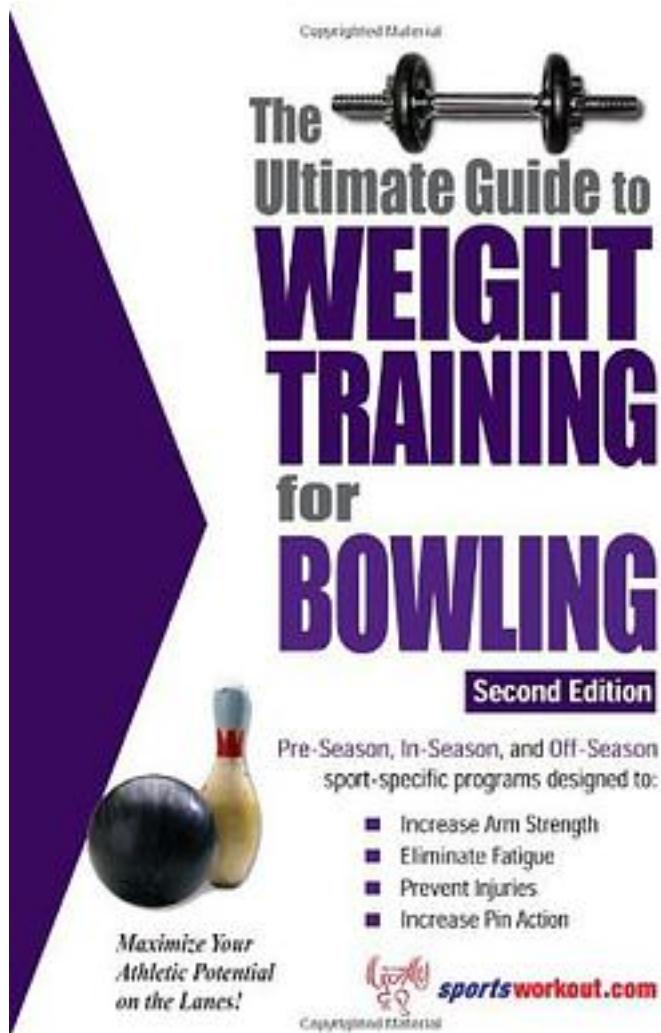


Ultimate Guide to Weight Training for Bowling



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出版者:

出版时间:2008-8

装帧:

isbn:9781932549584

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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