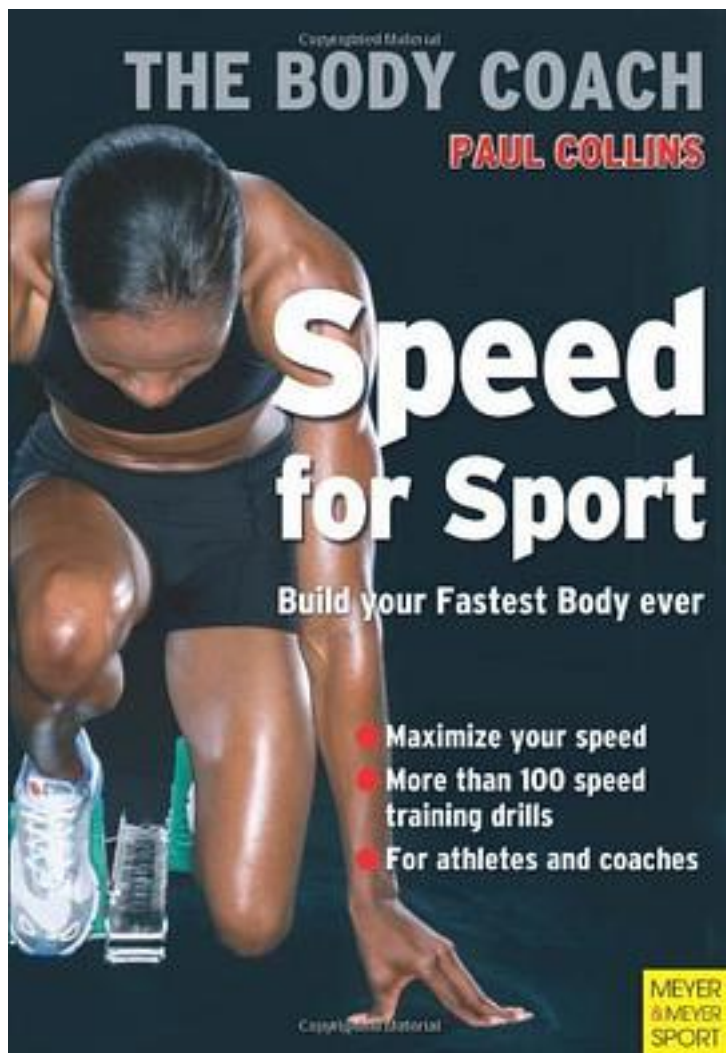


# Speed for Sport



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著者:Collins, Paul

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This title presents more than 100 exercises specifically designed to help increase speed, agility, and reactions. This superb new volume - for men and women - from award-winning personal fitness trainer Paul Collins, presents readers with practical, easy-to-follow exercises to develop your speed, agility, and reactions. "Speed for Sports" features more than 100 training drills using agility poles, mini hurdles, and speed ladders, as well as sample speed training sessions that will help to maximize your speed potential, both as an individual and as part of a team - giving you that extra edge over the competition.

作者介绍:

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