



Strength Training for Teen Athletes

By Karen Kenney

Capstone Press, United States, 2012. Paperback. Book Condition: New. 249 x 196 mm. Language: English . Brand New Book. Tone those muscles! With helpful strength building exercises and tips, you ll notice a big improvement in your game. Build the power behind your baseball or softball swing, soccer kick, or swimming stroke. You ll be showing off your muscles in no time!.

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