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## Sports Games (Item fitness guide book)

By XU LAN YING

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 120 Publisher: Jilin Publishing Group Pub. Date :2010-01-01 1 1st print version 2010-01-01 by Xu Lanying editor of the sports games illustrated. practical. into ball games. gymnastics and fitness . the traditional martial arts. snow sports. water sports. sports. dance. sports. fighting sports. folk sports and extreme sports such as items in 10 categories. namely. 100 volumes. according to a uniform style. and strive to be innovative. The specific content of each book of the origin and development projects. sports health. basic skills. motor skills. game rules. so that readers in the learning process. not only can learn to sports and fitness methods. but also to learn the basic health care knowledge. Contents: Origins and Development Section Section space. equipment and sports equipment. Chapter II Section I of self-health evaluation II sports body movement to protect the value of Chapter III of basic technical section head first relay two large nets Section III double skipping two three-legged run into the ground wins Section V Section VI Section VII to play two-ball duck call No. VIII. IX. two...



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