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CROSS FIT TRAINING FOR SOFTBALL: AN UNUSUAL APPROACH TO CONDITIONING FOR UNCOMMON RESULTS IN PERFORMANCE



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****.Cross Fit Training for Softball: An Unusual Approach to Conditioning for Uncommon Results in Performance This cross fit training program includes three different intensity levels provided in the form of calendars: NORMAL, ALTERNATE NORMAL, and LIGHT. Each one has a varied difficulty level so that you can start with one plan and then decide if...

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- · Authored by Joseph Correa
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