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COMO HACER UNA PARADA DE MANOS: DESDE LOS EJERCICIOS BASICOS HASTA LAS FLEXIONES EN PARADA DE MANOS SIN APOYO (SPANISH EDITION)



Createspace, United States, 2012. Paperback. Book Condition: New. 198 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****. Como hacer una parada de manos es el unico recurso que necesitas si tu objetivo es ser capaz de mantener parada de manos, e incluso hacer flexiones en parada de manos, sin apoyarse contra una pared. No importa como lo llames - pararse de manos, hacer el pino, hacer el equilibrio de manos, o hacer el vertical...

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- Authored by Patrick Barrett
- Released at 2012



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