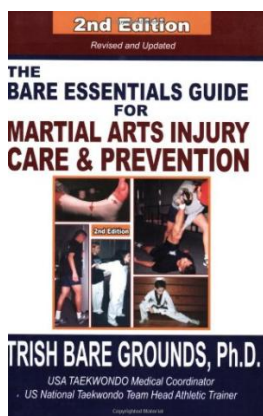


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THE BARE ESSENTIALS GUIDE FOR MARTIAL ARTS INJURY CARE AND PREVENTION



Turtle Press,U.S., United States, 2006. Paperback. Book Condition: New. 2nd Revised edition. 229 x 152 mm. Language: English . Brand New Book. This book is an essential reference for martial arts athletes, coaches and instructors. Written in easy to understand language, the guide addresses important self-care issues for the martial arts athlete including: Stretching: over 50 essential exercises for building flexibility, preventing common injuries and rehabilitation; Conditioning: get the facts on using plyometrics, weight training, running, core strengthening, resistive bands,...

Read PDF The Bare Essentials Guide for Martial Arts Injury Care and Prevention

- Authored by Trish Bare Grounds
- Released at 2006



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