



## Explosive Power: Plyometrics for Bodybuilders, Martial Artists & Other Athletes (Hfl Synergistic Training Series)

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By Derse, Ed

Health for Life, 1994. Paperback. Book Condition: New. Excellent Trade PB: NEW, May have very light, normal shelf edge wear; Most intl arrive 4-10 business days. Choose Expedited or 2 day for faster delivery.



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