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By Georges Hebert

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Once the fundamentals are learned, applied and practiced, the next step is the application and development of skills related to marching, running, jumping, climbing, throwing, lifting, even fighting and swimming to become well-rounded physically, to be able to rescue, protect and generally perform. The difficulty of exercises varies greatly in this installment, so that novice and advanced athletes will each find beneficial aspects for their individual training needs.



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