



## Athletic Physical Training (Author: The Space) (Pricing: 14.00) (Publisher: People's Sports Publishing) (ISBN: 9787500926702)(Chinese Edition)

By ZHANG YING BO BIAN ZHU

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-01-01 Pages: 222 Publisher: People's Sports Publishing title: Athletic Physical Training (Physical Training Books) Original Price: 14.00 yuan Author: The Space Editor Publisher: People's Sports Publishing date: 2005-1-1 ISBN: 9787500926702 Words: 175.000 yds: 222 Edition: 1 Binding: Paperback: Editor's Choice \ t \ t \ t \ t Summary athletics involving human strength. speed. stamina. agility. coordination and flexibility various sports and other basic athletic ability. run. jump. vote. go to the special physical training many personalized special requirements. therefore. reflect the highly integrated and specialized physical training for athletics harmony and unity. Book sought from the various projects of the majority of sports enthusiasts and track and field athletes of the actual physical training needs of the latest research results at home and abroad and outstanding coaches and athletes of practical experience and common separation. The same time. the content starting from the athletics special needs of physical training. each exercise each main suitable project. the objectives. methods. requirements. and with a lot of illustrations as easy to understand as possible to systematically introduce practical ways...

### Reviews

*It in one of the most popular ebook. It usually fails to price an excessive amount of. Its been printed in an extremely basic way in fact it is merely right after i finished reading through this book in which really altered me, change the way i believe.*

-- **Sigrid Brown**

*Absolutely one of the best pdf We have ever read. I really could comprehended every little thing using this written e book. I am easily could get a satisfaction of reading a written publication.*

-- **Dr. Odie Hamill**