



Supertraining, Yuri Vitalievitch Verkhoshansky, Mel Cunningham Siff, Verkhoshansky, 2009, 8890403802, 9788890403804, . .

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Born to Run A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen, Christopher McDougall, 2011, Social Science, 287 pages. Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty

Brawn: Bodybuilding for the Drug-Free and Genetically Typical , Stuart McRobert, Sep 1, 1999, Health & Fitness, 232 pages. If you thought Arnold Schwarzenegger put Graz, Austria on the bodybuilding map, how about Stuart McRobert and Nicosia, Cyprus? Imagine, one man, on a Mediterranean island no

Grammar for English Language Teachers , Martin Parrott, 2000, English language, 514 pages. .

Special Strength Training A Practical Manual for Coaches, Ю•ДЗУД¿Ñ'ДŽриД"А- VitalĐšâ„–evich VerkhoshanskiĐ"Â-, 2006, Physical education and training, 248 pages. .

The Primal Blueprint Reprogramme Your Genes for Effortless Weight Loss, Vibrant Health and Boundless Energy, Mark Sisson, Jun 1, 2012, Health, 352 pages. If you want to reach your physical and genetic potential Mark Sisson's 10 Primal Blueprint Laws will get you real results. Combining evolutionary biology with modern genetic

Training for Mass , Gordon Lavelle, Aug 1, 2007, Health & Fitness, 213 pages. .

Strength Training Anatomy Legs Poster , , 2005, Sports & Recreation, . Detailed anatomically correct display of essential leg exercises..

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Science of Sports Training How to Plan and Control Training for Peak Performance, Thomas Kurz, Jan 1, 2001, Sports & Recreation, 423 pages. .

The Poliquin Principles Successful Methods for Strength and Mass Development, Charles Poliquin, Jan 1, 1997, Health & Fitness, 154 pages. Both an exercise program and a reference manual with a ground-breaking new treatise on bodybuilding and strength training..

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Special Strength Training Manual for Coaches, Yuri Verkhoshansky, Natalia VerkhoshanskiĀ-, 2011, Sports & Recreation, 291 pages. From the leading scientist and expert in Sport Training, his last book: a milestone, the point of no return in the Strength Training.The most complete and up to date book in

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Stretching Scientifically A Guide to Flexibility Training, Thomas Kurz, 2003, Health & Fitness, 213 pages. Presents a collection of exercises and stretches to increase flexibility and build muscles..

Coaching for Long-term Athlete Development To Improve Participation and Performance in Sport, Ian Stafford, 2005, Coaching (Athletics), 94 pages. .

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