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FREESTYLE: MAXIMIZE SPORT AND LIFE PERFORMANCE WITH FOUR BASIC MOVEMENTS



Victory Belt Publishing. Hardcover. Book Condition: New. Hardcover. 432 pages. Dimensions: 10.9in. x 8.7in. x 1.3in. Everyone cares about physical performance and the fitness industry offers an infinite number of solutions to improve it. But who has the best solution and how do we know if and how it will work for us After over 15 years of training as an elite gymnast and over a decade of coaching, Coach Carl Paoli offers a fresh philosophy on training by connecting movement...

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- Authored by Carl Paoli
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