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Complete Conditioning For Hockey Complete Conditioning For Sports Series

Sandy Coffman

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take more powerful shots on goal and get in great shape Using 190 exercises to improve flexibility speed agility power and strength players will be dominant forces on both ends of the field **The Golfer's Stroke-saver Workout** Alton Skinner,2004 Foreword by Gary Player Afterword by Jack Nicklaus Includes 30 photographs and 10 drawings The Golfer's Stroke Saver Workout is a quick simple step by step solution to help increase a player's distance accuracy and consistency for millions of golf players Be they young or old new or experienced it will help them add twenty to thirty yards at tee off loose ten pounds of fat build ten pounds of muscle and improve handicaps all in thirty minutes a day **Library Journal**, 1997

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