



Ultimate Guide to Weight Training for Wrestling (2nd Revised edition)

By Robert G. Price

Price World Enterprises. Paperback. Book Condition: new. BRAND NEW, Ultimate Guide to Weight Training for Wrestling (2nd Revised edition), Robert G. Price, No other wrestling book to date has been so well designed, so easy to use, and so committed to weight training. This book will have the player increasing strength, quickness, agility, and endurance.



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