Functional Resistance Training Techniques CD-ROM

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Fullerton Descripción, 1 disc óptic (CD-ROM). Detalles del sistema, Requeriments del sistema: IBM PC compatible amb Pentium, Windows 95/98/NT 4.0/2000/ME/XP, min Functional Resistance Training Techniques - Saraiva

Develop functional strength training programs for all your clients: rehabilitation, plus a CD-ROM complete with movies of all 64 exercises taught on the course. Books and CD Roms - Fitness 4 Cricket in Kinesiology (classroom). • CSUF, 2011-12, KNES 320, Exercise Techniques for Strength Training. Rossi MD, Brown LE, Whitehurst M. Knee extensor function before and 1 year. Performance, Student CD-ROM. Philadelphia, PA: