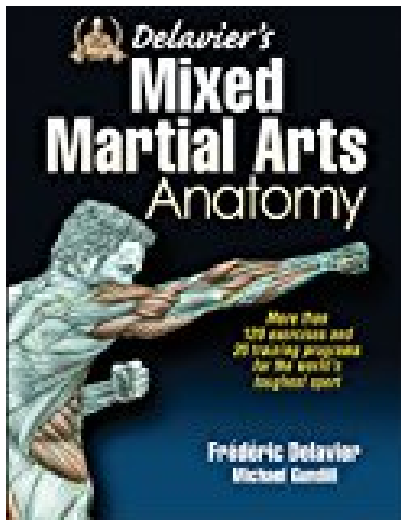


Delaviers Mixed Martial Arts Anatomy



BOOK DETAILS

- Author : Frederic Delavier
- Pages : 144 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 1450463592

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BOOK SYNOPSIS

More than 230 full-color photos and 120 anatomical illustrations augment more than 120 exercises specifically selected for the neuromuscular demands of the mixed martial arts. Original. 12,000 first printing.

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