



Theory and Practice of College Table Tennis Fitness(Chinese Edition)

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paperback. Condition: New. Paperback. Pub Date: 2016-01-01 Pages: 379 Language: Chinese
 Publisher: China Textile Press College Tennis Fitness Theory and Practice were thirteen chapters.
 the specific content includes basic theoretical knowledge of fitness table tennis. ping-pong
 Inheritance and development of ball sports and fitness culture. the culture of awareness of fitness
 table tennis. table tennis fitness of the body quality training guidance. table tennis technical and
 tactical skills training guidance. Overall. .



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