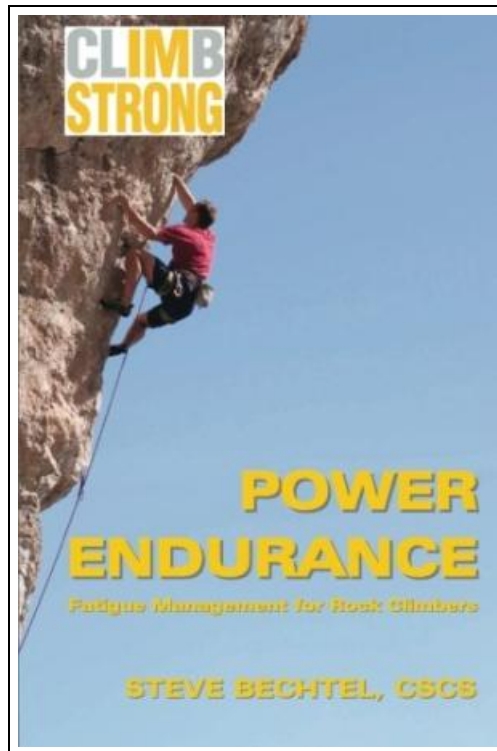


## Climb Strong: Power Endurance: Fatigue Management for Rock Climbing (Paperback)



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### ***Reviews***

*Very helpful for all category of men and women. It is rally fascinating through studying period. It is extremely difficult to leave it before concluding, once you begin to read the book.*

*(Prof. Asia King)*

**CLIMB STRONG: POWER ENDURANCE: FATIGUE MANAGEMENT FOR ROCK CLIMBING (PAPERBACK)**

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Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is a general reference guide to varying methods of training to improve fatigue management for rock climbers. Whether you call it work capacity, strength-endurance, power-endurance, recovery, or stamina, the goal remains the same - to mitigate fatigue. This is not a collection of workouts. It is a tool designed to be used within the confines of a well-planned training cycle. The sessions suggested are entirely dependent on training progressions, using the stress and recovery from one workout to enhance the value of subsequent workouts. This is not an instructional book, it is a reference material for advanced trainees.



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