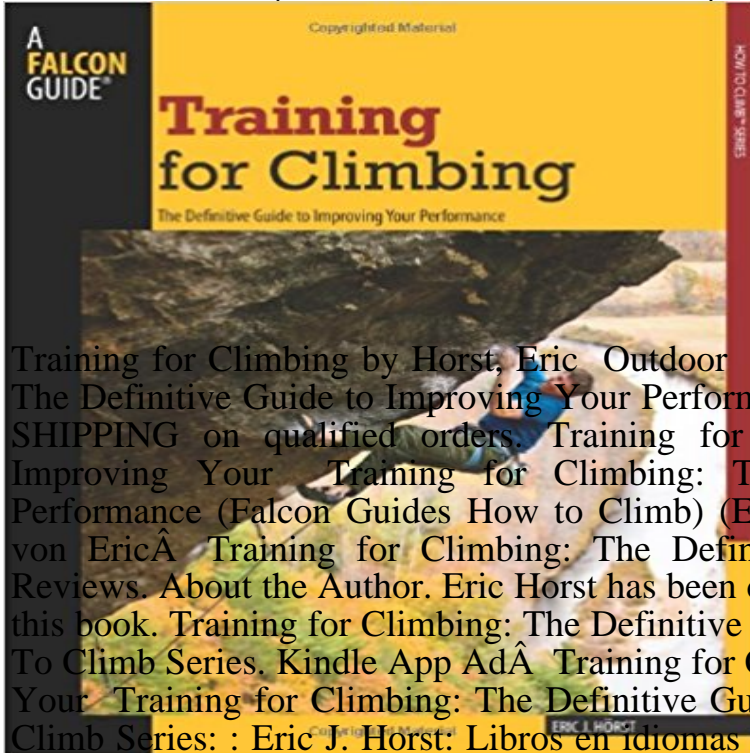


# Training for Climbing: The Definitive Guide To Improving Your Performance (How To Climb Series)



Drawing on new research in sports medicine, nutrition, and fitness, this book offers a training program to help any climber achieve superior performance and better mental concentration on the rock, with less risk of injury.

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