



Climbing: Training for Peak Performance (Mountaineers Outdoor Expert)

Clyde Soles

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This title features: exercises to build strength, endurance, flexibility, and aerobic fitness; up-to-date nutritional information; and, tips for preparing mentally and physically. Climbers at all levels benefit from working to build core strength, opening the door to higher levels of achievement. This new edition of the "Mountaineers Outdoor Expert" series classic is completely updated and expanded. There is new instruction on yoga, Pilates, and herbal supplements, as well as an expanded section on core training. The book contains more information about rehabilitation after an injury, plus several new training programmes. This is the 2008, 2nd edition.



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