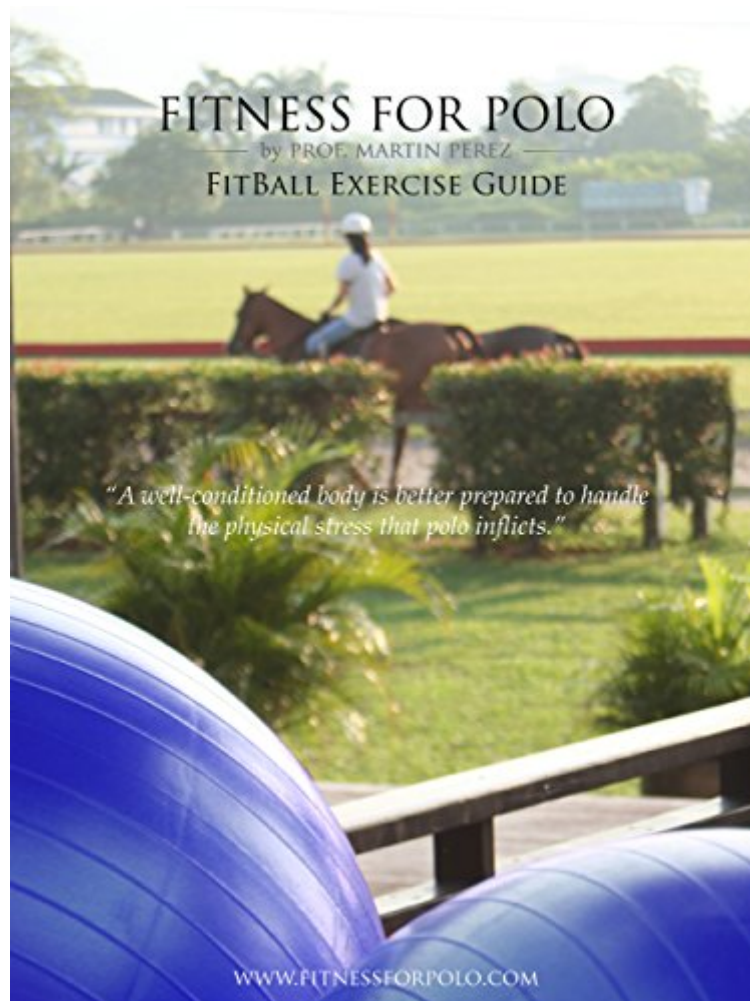




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Fitness For Polo - FitBall Exercise Guide (Fitness For Polo Series Book 2)



Synopsis

This is the second eBook in the Fitness for Polo series, chock-a-block full of exercises designed specifically for polo by physical coach for polo players MartÃ- n Perez. This book will guide you through exercises using the FitBall, an element that will help you to target those key areas most in need of strengthening for polo. Great exercises to add to or kick start you workout routine and help you to become a healthier and stronger polo player.

Book Information

File Size: 4550 KB

Print Length: 27 pages

Simultaneous Device Usage: Unlimited

Publisher: Fitness for Polo LLC (May 20, 2015)

Publication Date: May 20, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00Y08IPG4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #823,627 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6 inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Horses > Polo #18 inÂ Books > Sports & Outdoors > Individual Sports > Horses > Polo #502 inÂ Kindle Store > Kindle Short Reads > 45 minutes (22-32 pages) > Sports & Outdoors

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