



Development Training (fitness program guide book)(Chinese Edition)

By ZHENG XIU LI // LIN LI QUAN

paperback. Condition: New. Language:Chinese.Pages Number: 122 Publisher: Jilin Publishing Group Pub. Date :2010-01-01 version 1 2011-07-01 1st printing. Zhengxiu Li compiled the expansion of training (fitness program guide book). illustrated. practical. and describes the origins and development of Outward Bound . sports health. basic skills. motor skills and other knowledge. so that readers in the learning process. not only can learn to sports and fitness methods. but also to learn the basics of health care. The book s.



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