



The Skier's Year-Round Exercise Guide

Tommy Johnson

Also, Effective
Techniques for
You and Women

Skiers Year Round Exercise Guide

Yi-Tong Ma



Skiers Year Round Exercise Guide:

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Professional Ski Instructors of America Present Skiing Right Horst Abraham,1983 *The Skier's Year Round Exercise Guide*
Thea D. Slusky,1979 **Books in Print** ,1991

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