



The throwing events Britannica - Shot Put Discus Javelin Hammer(Chinese Edition)

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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date: Unknown Pages: 182 in Publisher: People's Sports Publishing List Price: 25.00 yuan: sylvester. (U.S.). editor of Sun Huan translated Publisher: People's Sports Publishing ISBN: 9787500942993 Pages: 182 times: 1 Binding: Paperback: 16 Published: 2012-10-1 Printing time: the number of words: 173000 product identification: 22890292 Introduction throwing events Britannica (shot put and discus javelin hammer throw) (Jay sylvester) shows readers the the Elite Throwers throwing skills and physical training program. throwing the project covers the shot put. discus. javelin and hammer throw. Raising the level of force. the kinetic energy of the effective transfer and detailed training programs will help athletes achieve athletic pinnacle. the strength is perfect to use in every throwing. Shot: With practice. throwing the process into multiple independent action. and then the synthesis action to form a correct dynamic stereotype. and thus mastered Slippery and rotation. Discus: cultured smooth. efficient throwing motion. Find their own rhythm. learning the basic techniques. rhythm exercises. and ultimately achieve precise control of the body while throwing shots at maximum speed. Javelin: technical exercises and physical training...



Reviews

It is an awesome publication which i actually have ever read through. it had been writtern really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

-- Doyle Schmeler

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Brennan Koelpin