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CLIMBING GAMES



Pesda Press. Paperback. Book Condition: new. BRAND NEW, Climbing Games, Paul Smith, Challenge and train your hands, feet, body and brain with over 120 climbing games. This book is for anyone wanting to have fun climbing while developing crucial skills. The games described can be used in a wide range of activities from working on specific skills to fun warm-ups. As an aid to a climbing session or as the sole activity, climbing movements can be broken down and practised...

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- Authored by Paul Smith
- Released at -



Filesize: 6.45 MB

Reviews

This created book is wonderful. This is for all those who statte that there was not a worth reading. Your way of life span will likely be enhance as soon as you comprehensive looking at this publication.

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