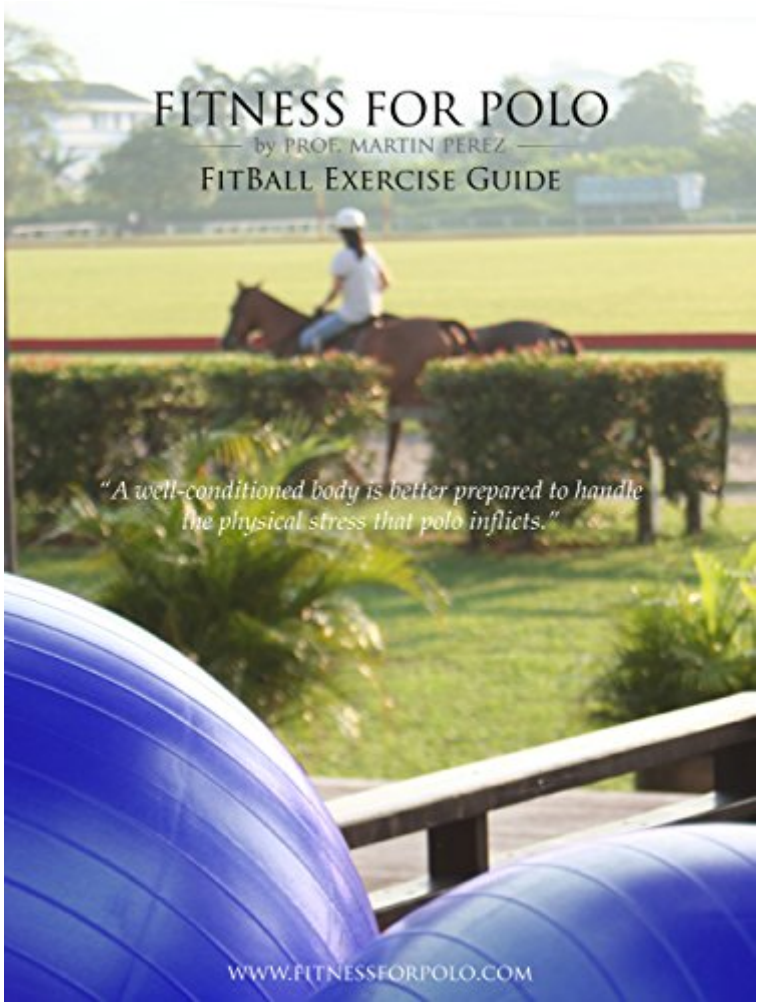
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Fitness For Polo - FitBall Exercise Guide (Fitness For Polo Series Book 2)



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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 MartÃƒÂ- 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

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