

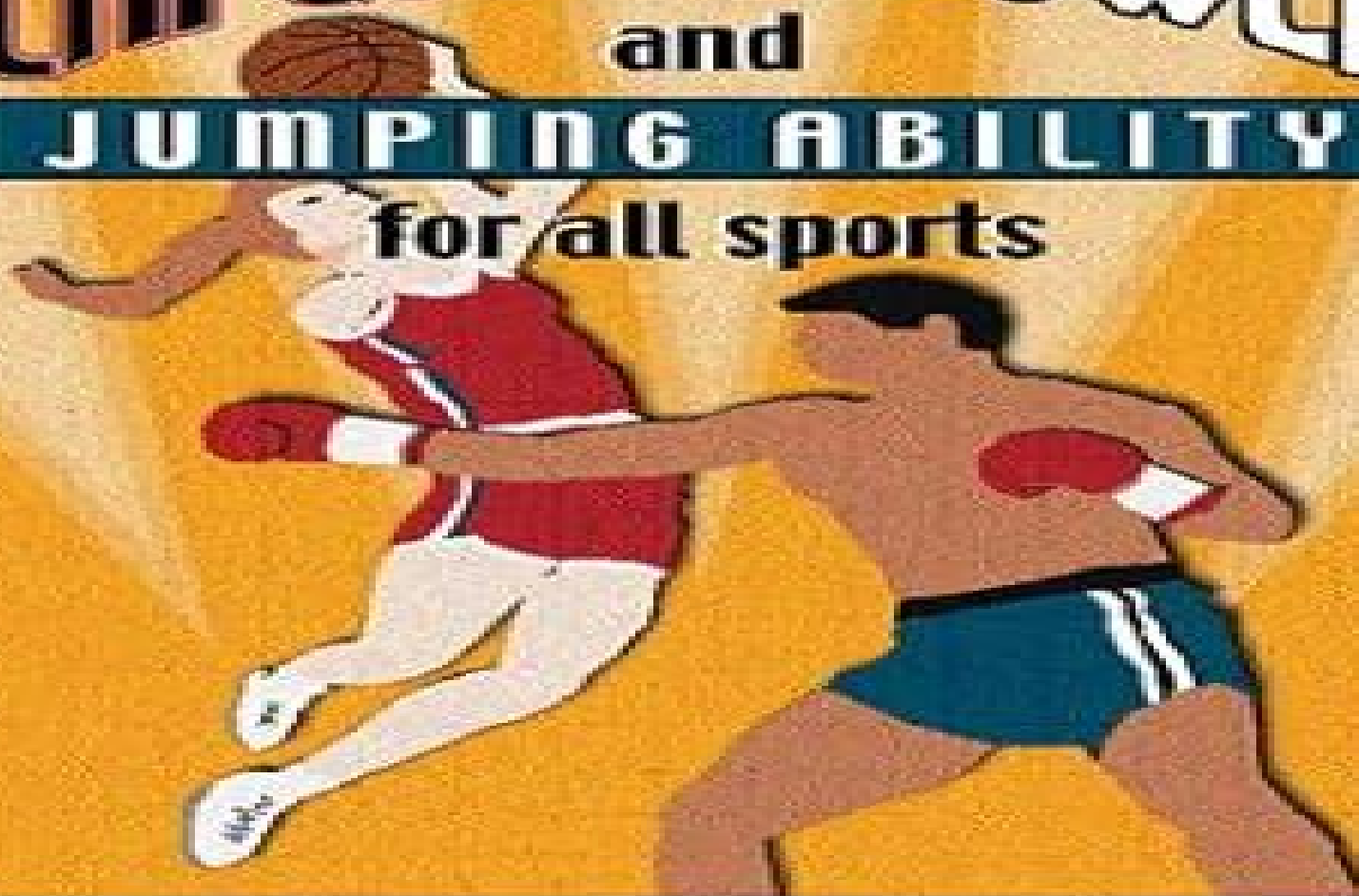
Atlas of
Exercises

EXPLOSIVE POWER

and

JUMPING ABILITY

for all sports



TARDEUSZ STERZYŃSKI and HENRYK SOZANSAI, Ph.D.

Explosive Power And Jumping Ability For All Sports

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