

Librería
Bonilla y Asociados
desde 1950



Título: Grip Master's Manual

Autor: Brookfield, John

Precio: \$320.00

Editorial:

Año: 2002

Tema:

Edición: 1^a

Sinopsis

ISBN: 9780926888111

This book continues where Mastery of Hand Strength ends, as John tackles topics such as manual dexterity and muscle control, functional upper-body and lower-arm strength, tearing tennis balls, and all the other feats of the consummate grip master's repertoire: bending steel bars, horseshoes, and nails; scrolling iron; and tearing cards.