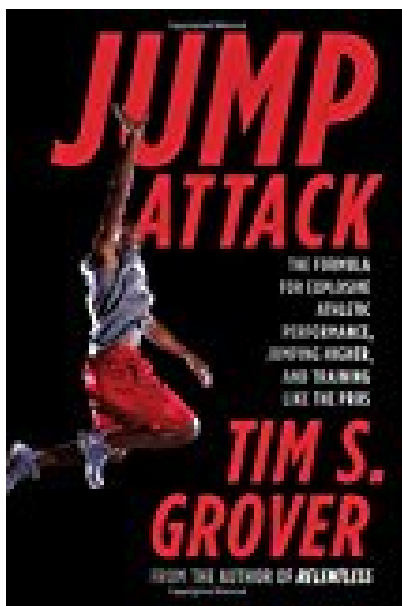


# Jump Attack The Formula for Explosive Athletic Performance Jumping Higher and Training Like the Pros

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## BOOK DETAILS

- Author : Tim S. Grover
- Pages : 272 Pages
- Publisher : Scribner
- Language : English
- ISBN : 1476714401

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## **BOOK SYNOPSIS**

A revised and expanded guide to the celebrity training program outlines the authors revolutionary three-phase, 12-week program and incorporates the latest information on nutrition, longevity and injury prevention. Original.

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