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Gimme Kraft! Effective Climbing Training. Effective Climbing Training Features: Authors: P Matros, L Korb, H Huch ; 1st Edition ; Published: August 2013 ; Pages

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The entire interview will be part of Gimme Kraft! Your next training bible for power training for climbing with: Patrick Matros & Dicki Korb

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Gimme Kraft! Stycze 25, 2014 by Loki. 0. \* Gimme Kraft! Effective climbing training Patrick Matros, Ludwig Dicki Korb, Hannes Huch, 2013.

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This training tool written by Patrick Matros, Dicki Korb and Hannes Huch is well laid out and easy to follow. The trainers Patrick and Dicki have trained Alex Megos

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Product Features. Author: Patrick Matros, Ludwig Korb and Hannes Huch; Format: Paperback; Publisher: Hannes Huch; Publication date: Aug, 2013; ISBN13: 9783000423314

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