



Training the Teenager for the Game of Their Life

Kris Gebhardt

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Training the Teenager for the Game of Their Life Kris Gebhardt

Teaches teens how to get fit and train for their favorite sport. Includes sections on general fitness, including aerobic training, weight training, nutrition, figure firming for girls, safe weight loss; training for a variety of high school team and individual sports; and total mind training, including visualization, self-talk, goal setting, positive attitude, and more.

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