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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

Gimme kraft: effective climbing training :

Gimme Kraft: Effective Climbing Training by Patrick Matros, Ludwig Korb, Hannes Huch, 9783000423314, available at Book Depository with free delivery worldwide.

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