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Fitness For Polo - Exercise Guide (Fitness For Polo Series Book 1)

FITNESS FOR POLO
by MARTIN PEREZ
EXERCISE GUIDE

*“get the plan right and you’ll reach a state of
perpetual development across the season”*



Synopsis

Understanding how your body works is the first step to improving performance. Kickstart your fitness regime specifically designed for polo with this helpful guide designed by physical coach for polo players and founder of Fitness for Polo, Martin Perez. This guide provides you with a large array of easy-to-do exercises that can be performed at home, at the gym or on the polo field and will help you to become a healthier and stronger polo player.

Book Information

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Customer Reviews

Excellent exercise programs, easy to understand and follow.

I was looking for some fitness ideas and this book was exactly what I expected. Directions could be a little more clear though.

Its amazing to actually have literature on such an interesting sport. I am a big fan of polo and i am

enjoying to find out more how to exercise and increase performance.

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