

The Competitive Edge: The West Point Guide for the Weekend Athlete

Anderson, James Lee

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Tobias Bleicker



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The Competitive Edge James Lee Anderson, Martin Aver Cohen, 1981-01-01 Provides a year round conditioning program for amateur athletes based on the famous West Point fitness system with general exercises sports psychology tips and specific conditioning pointers **The Publishers' Trade List Annual** ,1984 **Best Sellers** ,1981 **American Book Publishing Record** ,1982-04 *Good Housekeeping* ,1981 **Health Information Resources** ,1985 **The Catholic Periodical and Literature Index** ,1982 *Books in Print* ,1982 **Current Book Review Citations** ,1983 **Sport Bibliography** ,1983

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