



GO

ski



WITH LIVE-ACTION DVD COACHING



Warren Smith

Resumo de Go Ski: Read It, Watch It, Do It

For everyone ready to take on a new sport, to engage in competition, and to carve out a new physique, the Go Series is a coach, rulebook, and starter kit-all rolled up into one fast-paced and innovative package.

These step-by-step book-and-DVD packages give readers all the knowledge, instruction, advice, and encouragement they need to get up and go!

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