

capoeira conditioning how to build strength agility and cardiovascular fitness using capoeira movements by gerard taylor 1 feb 2006 paperback

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Learn how to build strength, agility, and cardiovascular fitness using capoeira movements with Gerard Taylor's "Capoeira Conditioning." This guide, originally published in paperback on February 1, 2006, offers a unique approach to physical conditioning by leveraging the dynamic and versatile techniques of capoeira, making it perfect for athletes and fitness enthusiasts alike.

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