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Conditioning for Climbers is the
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While these self-evaluations are a part of all of Horst's books

Read Online Conditioning For Climbers The Complete (including Training or Climbing, and How to Climb 5.12), the evaluations in this book are much more elaborate than those in any of the others. In spite of a lot of overlap with Training for Climbing and How to Climb 5.12, every climber should still have this book in his or her library.

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