



## Cricket: Training and Conditioning for Cricket

By Alan Pearson

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Cricket: Training and Conditioning for Cricket, Alan Pearson, Cricketers have discovered the benefit of their game of improved fitness and conditioning. From general to position specific training, and conditioning drills for batting, bowling, fielding and wicket keeping, this book answers all demands.

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