

## Theory and Practice of College Table Tennis Fitness(Chinese Edition)



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### **Reviews**

*Thorough guideline! Its this type of good read. It is really simplistic but shocks from the 50 percent from the publication. It is extremely difficult to leave it before concluding, once you begin to read the book.*  
*(Sallie Wiegand)*

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paperback. Condition: New. Paperback. Pub Date: 2016-01-01 Pages: 379 Language: Chinese Publisher: China Textile Press College Tennis Fitness Theory and Practice were thirteen chapters. the specific content includes basic theoretical knowledge of fitness table tennis. ping-pong Inheritance and development of ball sports and fitness culture. the culture of awareness of fitness table tennis. table tennis fitness of the body quality training guidance. table tennis technical and tactical skills training guidance. Overall. .



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