

Performance Rock Climbing [Paperback] [1993] (Author) Dale Goddard, Udo Neumann

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performance and getting the most out of your climbing. Described by Mark Twight as "An indispensable tool for all climbers and all forms of climbing. If you

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Silverstein, R.; Neumann, A. Published by William Morrow Performance Rock Climbing. Dale Goddard, Udo Neumann. Stackpole Books, 1993. Book

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Nov 28, 2011 excerpt from Performance Rock Climbing, 1993 by Udo Neumann & Dale Goddard.

I recently hit a plateau with my climbing performance, and was determined to sort it out. So I bought this book (amongst others). From the beginning everything I've

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