

УДК 796.355.015
ББК 75.579
3-28

The series was founded in 2009
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Zankavets, U.
3-28 If you want to retire from hockey – destroy your
body / Uladzislau Zankavets. Minsk: A.N. Varaksin
publ., 2014, 160 p.

ISBN 978-985-7092-23-9

This book will help you improve efficiency of the
training process and find new training means.

For everyone who is fond of sports and are
looking for new ways of self-improvement.

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