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Strength training for rugby league and rugby

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April 1988 - volume 10 - issue 2 : strength &

Walsh, Bruce National Strength & Conditioning Association Journal. 10 Considerations in implementing wrist straps into a strength training program.

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Bruce walsh (author of genetics and analysis of

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Nick has been involved with the Australian Strength and Conditioning Association for a ASCA s Bruce Walsh with the Toyota Rugby Union team in

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