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Capoeira Conditioning : How to Build Strength, Agility, And Cardiovascular Fitness Using Capoeira Movements, Paperback by Taylor, Gerard; Kjaergaard, Anders (PHT), ISBN 158394141X, ISBN-13 9781583941416, Brand New, Free shipping in the US Describes how to increase agility, flexibility, strength, and endurance by practicing capoeira, a Brazilian whole-body training program that

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