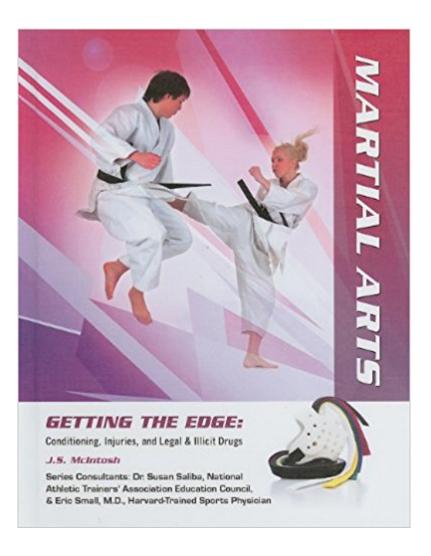


## The book was found

# Martial Arts (Getting The Edge: Conditioning, Injuries, And Legal & Illicit Drugs (Library))





### Synopsis

Readers learn about martial arts, their history, prevention and treatment of common injuries, training, nutrition and supplements, as well as information about the dangers of performance-enhancing drugs.

### **Book Information**

Lexile Measure: 1140L (What's this?) Series: Getting the Edge: Conditioning, Injuries, and Legal & Illicit Drugs (Library) Library Binding: 96 pages Publisher: Mason Crest Publishers (September 1, 2010) Language: English ISBN-10: 1422217388 ISBN-10: 1422217382 Product Dimensions: 7.5 x 0.4 x 9.4 inches Shipping Weight: 12.8 ounces (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #15,388,427 in Books (See Top 100 in Books) #64 in Books > Teens > Sports & Outdoors > Martial Arts #12547 in Books > Sports & Outdoors > Individual Sports > Martial Arts #75659 in Books > Health, Fitness & Dieting > Exercise & Fitness Age Range: 12 - 15 years Grade Level: 7 - 10

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