

How To Climb: Flash Training (How To Climb Series)
By Eric J. Horst

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Eric horst (author of how to climb)

Eric Horst is the author of Training for Climbing (4.50 avg rating, 2 ratings, 0 reviews, published 2008), Conditioning for Climbing Eric Horst's Followers.

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Eric Horst has been climbing for 25 years. He is the author of "How to Climb 5.12," "Rock Climbing Virginia, West Virginia, and Maryland," and "Flash Training." He

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