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**By Paul Pook Dan Luger**

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<http://www.amazon.com/Complete-Conditioning-Rugby-Paul-Pook/dp/0736098305>

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Book information and reviews for ISBN:0736052100,Complete Conditioning For Rugby (Complete Conditioning For Sports Series) by Dan Luger.

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<http://www.slugaruga.co.uk/Rugby-Coaching-Materials-Books-DVD/book-complete-conditioning-rugby>

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<http://booknews.pinkhamster.net/book/0736098305/complete-conditioning-for-rugby>

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<http://ezinearticles.com/?Rugby-Training---Complete&id=456742>

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