

The Fitness and Sports Review International are journals that were published from 1966 to 1994. They are comprised of translated articles from Russian coaches' journals and also original articles from Dr. Michael Yessis and Dr. Mel Siff. The articles cover a multitude of sports and sports skills. See the tables of contents of the back issues for the variety of articles and sports. Get pricing and order online - [Click Here](#)

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BOOK REVIEW: New Strength Books: An Educational Review

\* NOTE: Reprints of Individual articles from out of stock issues are available.