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Alex Megos in Hanne's bouldering gym, Café Kraft in Nuremburg, Germany. Gimme Kraft-Effective climbing training | moredaysoff Review: Gimme Kraft! January 28, 2014 in Products. ... The principles are sound, hard work is still required, and while, in my opinion, it isn't an "effective climbing training" book, it is a great collection of "complex climbing exercises". Buy it! MORE PRODUCT REVIEWS. Aug 1, 2017. Review: Gimme Kraft! - Power Company Climbing Gimme Kraft: Effective Climbing Training. by Patrick Matros. Write a review. Add to Cart. Add to Wish List. Search. Sort by Top rated. Filter by. All reviewers. All stars. Text, image, video. Showing 1-4 of 4 reviews. There was a problem filtering reviews right now. Please try ... Amazon.com: Customer reviews: Gimme Kraft: Effective ... Apr 23, 2020 - By David Baldacci ~ ~ Gimme Kraft Effective Climbing Training ~ ~ gimme kraft effective climbing training by matros patrick korb ludwig huch hannes 2013 paperback paperback 7749 only 1 left in stock order soon make or break dont let climbing injuries dictate your

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