

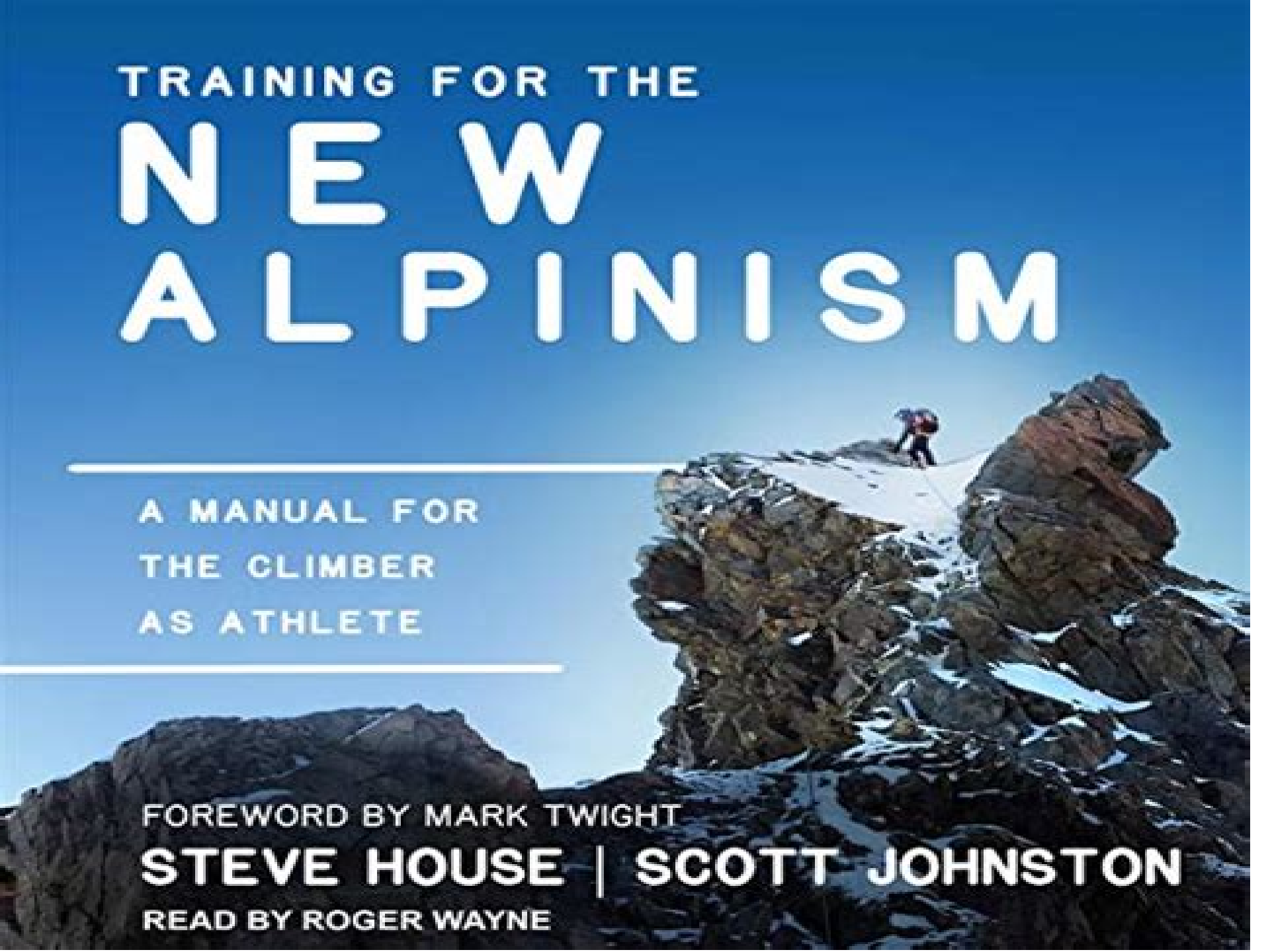
TRAINING FOR THE **NEW** ALPINISM

A MANUAL FOR
THE CLIMBER
AS ATHLETE

FOREWORD BY MARK TWIGHT

STEVE HOUSE | SCOTT JOHNSTON

READ BY ROGER WAYNE



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Lei Shi

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