



Poker Isometrics: and Poker Fitness

By Anton Drake

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Editorial Review

Review

"...before reading this book I hadn't really considered the notion of using isometrics at the poker table, and now it seems like something I might want to try. I'm always looking for books that make me look at poker in a new way, and *Poker Isometrics* certainly fits the bill." -Two Plus Two Magazine

About the Author

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Users Review

From reader reviews:

Kevin Burkes:

Have you spare time for the day? What do you do when you have more or little spare time? Yes, you can choose the suitable activity intended for spend your time. Any person spent their very own spare time to take a move, shopping, or went to typically the Mall. How about open as well as read a book entitled *Poker Isometrics: and Poker Fitness*? Maybe it is for being best activity for you. You recognize beside you can spend your time using your favorite's book, you can smarter than before. Do you agree with the opinion or you have additional opinion?

Lisa McCann:

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Stephen Hancock:

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Jose Lloyd:

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