

# La Gu-a Definitiva Entrenar Con Pesas Para Fºtbol - Rob Price

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La Gu-a Definitiva para el Entrenamiento con Pesas para Fºtbol es la gu-a de entrenamiento m-ís completa y actualizada espec-í-fica para deportes en el mundo hoy en d-a. Contiene descripciones y fotograf-as de casi 100 de los ejercicios m-ís efectivos de entrenamiento con pesas, flexibilidad y abdominales usados por atletas en todo el mundo. Este libro presenta programas de entrenamiento con pesas espec-í-ficos para fºtbol que puede usar a lo largo de todo el a-o para mejorar su desempe-o y obtener resultados. Este libro contiene el tipo de entrenamiento necesario para abrumar al equipo contrario con velocidad, aguante, y fuerza en general. Al seguir este programa, tendr-á la energ-a y la potencia para sobrepasar y exceder las capacidades f-ísicas de su oponente lo que garantiza que los jugadores de fºtbol de todos los niveles de habilidad tengan mejores resultados cuando peleen posiciones, corran en el campo, y anoten goles. Tanto principiantes como atletas avanzados y los que entrenan con pesas pueden seguir el libro y utilizar sus programas. Miles de atletas a lo largo del mundo, desde atletas recreacionales hasta profesionales, disfrutan los beneficios de -ste libro y de sus t-écnicas, y -ahora usted tambi-n puede hacerlo! Author: Price, Rob Publisher: Price World Publishing Illustration: N Language: SPA Title: La Gu-a Definitiva Entrenar Con Pesas para Fºtbol Pages: 00000 (Unencrypted EPUB) / 00000 (Encrypted EPUB) On Sale: 2012-04-01 SKU-13/ISBN: 9781619841079 Category: Sports & Recreation : Bodybuilding & Weight Training Category: Sports & Recreation : Running & Jogging Category: Sports & Recreation : Training

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