

La Gu-a Definitiva - Entrenar Con Pesas Para Artes Marciales - Rob Price

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La guÃa definitiva, Entrenar con pesas para artes marciales es la guÃa de entrenamiento mÃs completa y actualizada especÃfica para deportes en el mundo hoy en dÃa. Contiene descripciones y fotografÃas de casi 100 de los ejercicios mÃs efectivos de entrenamiento con pesas, flexibilidad y abdominales usados por atletas en todo el mundo. Este libro presenta programas de entrenamiento con pesas especÃficos para artes marciales que puede usar a lo largo de todo el aÃ±o para mejorar su desempeÃ±o y obtener resultados. Este libro es el recurso mÃs informativo y completo para desarrollar sus mÃsculos, velocidad y aguante para permitir a su cuerpo sobresalir en judo, karate, aikido, kung fu, jujitsu, taekwondo, kempo, muay thai, y todas la otras formas de artes marciales. Este libro provee a los que practican artes marciales una cantidad abundante de tÃcnicas fÃciles de seguir que son necesarias para ser efectivo en las artes marciales, tales como flexibilidad, estabilizaci³n de articulaciones, balance y desarrollo muscular. 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 Ãste libro y de sus tÃcnicas, y Â¡ahora usted tambiÃn puede hacerlo!Author: Price, Rob Publisher: Price World Publishing Illustration: N Language: SPA Title: La guÃa definitiva - Entrenar con pesas para artes marciales Pages: 00000 (Unencrypted EPUB) / 00000 (Encrypted EPUB) On Sale: 2012-06-26 SKU-13/ISBN: 9781619841024 Category: Sports & Recreation : Bodybuilding & Weight Training Category: Sports & Recreation : Swimming Category: Sports & Recreation : Training

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