

La Gu-a Definitiva - Entrenar Con Pesas Para Golf - Rob Price

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La guÃa definitiva, Entrenar con pesas para golf 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 golf que puede usar a lo largo de todo el aÃo para mejorar su desempeÃo y obtener resultados. Este libro le permite a los golfistas de todos los niveles aÃadir yardas extra a sus golpes, Âsin necesidad de comprar lo Ãltimo en tecnologÃa de golf! Al seguir este programa usted podrÃ desarrollar la flexibilidad y fuerza requerida para eliminar la fatiga e incrementar la distancia con todos los palos de su bolso. Al tener mÃsculos mÃs fuertes y flexibles, no sÃlo llevarÃ la pelota mÃs lejos sino que tendrÃ mejor control sobre todos sus golpes a lo largo de la ronda. Lo mÃs importante es que reducirÃ la posibilidad de lesionarse y ÂserÃ capaz de jugar los 18 hoyos sin ningÃn problema! 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, disfrutaron los beneficios de Ãste libro y de sus tÃcnicas, y Âahora usted tambiÃn puede hacerlo!Author: Price, Rob
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