

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

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La guÃa definitiva, Entrenar con pesas para voleibol 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 voleibol que puede usar a lo largo de todo el aÃo para mejorar su desempeÃo y obtener resultados. Este libro harÃ que saque con mayor velocidad y tenga mayor efectividad en general. Los jugadores de voleibol de todos los niveles van a poder saltar mÃs alto, cambiarse mÃs rÃpido, y definitivamente jugar mejor debido a un incremento general en su fuerza y agilidad. Sus mates y bloqueos se verÃn mejorados y mÃs efectivos, y su nivel de energÃa y resistencia harÃ que pueda mantener un alto nivel de intensidad hasta el Ãltimo punto de cada juego. 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 voleibol Pages: 00000 (Unencrypted EPUB) On Sale: 2012-08-01 SKU-13/ISBN: 9781619841130 Category: Sports & Recreation : Swimming Category: Sports & Recreation : Racket Sports Category: Sports & Recreation : Bodybuilding & Weight Training

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