

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

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La guÃa definitiva, Entrenar con pesas para rugby 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 rugby que puede usar a lo largo de todo el aÃo para mejorar su desempeÃo y obtener resultados. Este libro incrementarÃ la potencia y velocidad de los jugadores para dar lugar a mÃs efectividad en los rucks y mauls. Al usar este programa, usted tendrÃ mejoras considerables en fuerza, agilidad y aguante que resultarÃn en mÃs Ãxito en los scrums y le permitirÃ competir fuertemente hasta el final del 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 rugby Pages: 00000 (Unencrypted EPUB) On Sale: 2012-08-01 SKU-13/ISBN: 9781619841048 Category: Sports & Recreation : Swimming Category: Sports & Recreation : Bodybuilding & Weight Training Category: Sports & Recreation : Racket Sports

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