

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

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La guÃa definitiva, Entrenar con pesas para ciclismo 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 ciclismo que puede usar a lo largo de todo el aÃo para mejorar su desempeÃo y obtener resultados. Este librÃ harÃ que ciclistas de todos los niveles mejoren sus tiempos con menos posibilidad de lesionarse y mÃs energÃa para ir cuesta arriba y recorrer pistas mÃs difÃciles. Al seguir los programas en este libro, usted aumentarÃ la fuerza, resistencia y velocidad en general de la parte baja del cuerpo dramÃticamente. 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 Âahora usted tambiÃn puede hacerlo! Author: Price, Rob Publisher: Price World Publishing Illustration: N Language: SPA Title: La guÃa definitiva - Entrenar con pesas para ciclismo Pages: 00000 (Unencrypted EPUB) / 00000 (Encrypted EPUB) On Sale: 2012-04-03 SKU-13/ISBN: 9781619840980 Category: Sports & Recreation : Bodybuilding & Weight Training Category: Sports & Recreation : Swimming Category: Sports & Recreation : Training

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