

# La Gu-a Definitiva - Entrenar Con Pesas Para Pista Y Campo - Rob Price

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La gu-a definitiva, Entrenar con pesas para pista y campo es la gu-a de entrenamiento m- completa y actualizada espec-ica para pista y campo en el mundo hoy en d-a. Contiene descripciones y fotograf-as de casi 100 de los ejercicios m- efectivos de entrenamiento con pesas, flexibilidad y abdominales usados por atletas en todo el mundo. Este libro presenta programas de entrenamiento con pesas espec-icos para pista y campo que puede usar a lo largo de todo el a-o para mejorar su desempe-o y obtener resultados. Los atletas de todos los eventos, desde las pruebas de velocidad hasta el lanzamiento de bala, han usado y se han beneficiado de la informaci-n en este texto. Este libro har- que todos los tipos de atletas de pista y campo incrementen su velocidad, flexibilidad, potencia, fuerza, y resistencia como ning-n otro libro. M- nunca se encontrar- cansado al final de un evento o perdiendo distancia en el lanzamiento de jabalina o disco debido a la fatiga. Al seguir este programa eclipsar- sus records anteriores y eliminar- lesiones innecesarias. 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 -ste libro y de sus t-cnicas, y -ahora usted tambi-n puede hacerlo! Author: Price, Rob Publisher: Price World Publishing Illustration: N Language: SPA Title: La gu-a definitiva - Entrenar con pesas para pista y campo Pages: 00000 (Unencrypted EPUB) On Sale: 2012-08-01 SKU-13/ISBN: 9781619841116 Category: Sports & Recreation : Golf - General Category: Sports & Recreation : Bodybuilding & Weight Training Category: Sports & Recreation : Racket Sports

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