



Guia de los movimientos de musculacion (Spanish Edition)

Frédéric Delavier

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La musculación, o el arte de desarrollar los musculos, ha adquirido en nuestros días un lugar de excepcion en los sistemas de entrenamiento deportivo. Sea cual sea su especialidad, el deportista consagra una parte mas o menos importante de su tiempo de trabajo a la musculacion. Por otra parte, los modelos corporales del hombre y la mujer suelen estar representados por individuos que ostentan una fuerte musculacion. Asi pues, podemos decir que la admiracion por la musculación se halla ampliamente extendida entre la población. No obstante, desarrollar las cualidades y el volumen de los musculos exige unos conocimientos anatomicos fisiologicos que el autor, Frederic Delavier, plasma en este libro. La obra describe, de forma clara y precisa, la mayoría de los movimientos de musculacion. Cada ejercicio esta representado por un dibujo de gran calidad, que permite visualizar claramente los grupos musculares implicados. Cada ilustracion se acompaña de un texto con todas la indicaciones prácticas necesarias para permitir, tanto al principiante como al atleta experimentado, disenar sus propias sesiones de entrenamiento. Su original descripcion anatomica y morfologica, asi como el rigor cientifico de sus dibujos, hacen de este libro una util herramienta de trabajo tanto para los estudiantes como para los profesores, medicos y cinesiterapeutas que la utilizaran como obra de referencia.



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