



Mil 40 ejercicios de fuerza explosiva (Entrenamiento Deportivo) (Spanish Edition)

Josep María Padullés Riu, Joan Rius Sant

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El movimiento humano, y con ello la actividad física y el deporte, son posibles gracias a las fuerza generadas por los diferentes grupos musculares actuando sobre las palancas óseo articulares. El entrenamiento dirigido a la mejora de la fuerza requiere partir de un desarrollo óptimo y equilibrado de toda la musculatura. En este libro, la imaginación, el conocimiento y la experiencia de los autores se mezclan para ofrecer una excepcional colección de simples y eficaces tareas para el entrenamiento de la fuerza explosiva utilizando medios asequibles y funcionales que se pueden utilizar en cualquier espacio, además de las nuevas tendencias como el trabajo con el tirante musculador y las vibraciones. Los ejercicios se presentan a través de fotos de deportistas que muestran la ejecución junto con el efecto que producen, facilitando, así, una rápida comprensión para su puesta en práctica.

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