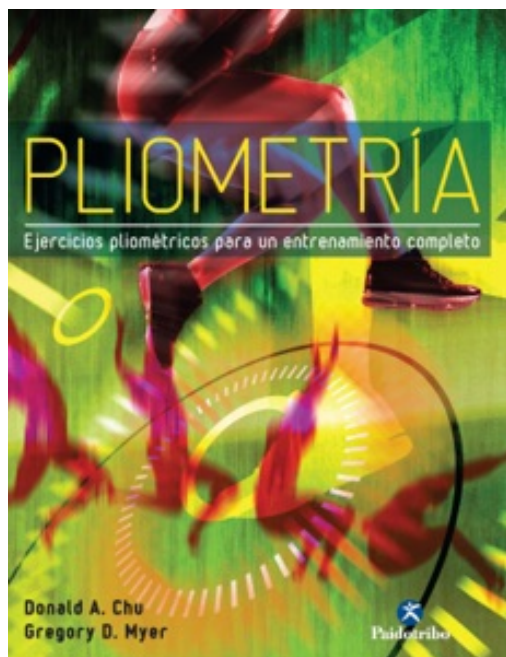


Download Do Livro Pliometría Gregory D. Myer & Donald A. Chu



Faça o download ou leia online Pliometría Gregory D. Myer & Donald A. Chu PDF grátis para e-book / ePub / Mobi / Mp3 / Txt, Con el término pliometría se definen aquellos ejercicios que permiten al músculo alcanzar su fuerza máxima en el menor tiempo. Surgidos en el mundo del atletismo, se complementan a la perfección con los programas generales de entrenamiento; de hecho, no existen programas de entrenamiento completos que no los incluyan. La fuerza y la potencia son atributos que permiten movernos con rapidez y generar grandes fuerzas, y por ello son elementos imprescindibles para los deportistas. Entrenadores, preparadores físicos y deportistas de élite confían en la pliometría a la hora de mejorar la rapidez, la velocidad, la capacidad de salto, el juego de pies, el control del cuerpo, el equilibrio y el rendimiento general.

En Pliometría, Donald Chu y Gregory Myer nos ofrecen los mejores ejercicios, las mejores sesiones y los mejores programas ¿todos ellos avalados tanto por la experiencia como por la ciencia? para garantizar un rendimiento óptimo a todos los deportistas de cualquier nivel y deporte. En este libro también encontraremos los últimos estudios, aplicaciones y recomendaciones para la prevención, detección y rehabilitación de lesiones, así como para centrarnos en el entrenamiento de atletas jóvenes y deportistas femeninas.

Pliometría nos enseña a evaluar, seleccionar y establecer una secuencia de ejercicios con los cuales crear programas ideales basados en necesidades y objetivos individuales. Asimismo encontramos nueve rutinas de entrenamiento para deportes específicos, como baloncesto, fútbol, fútbol americano, rugby, voleibol y artes marciales mixtas.

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If you realise your pliometría so overwhelming, you are able to go ahead and take instructions or guides in the manual individually. Select a special feature you wish to give attention to, browse the manual thoroughly, bring your product and execute what the manual is hinting to complete. Understand what the feature does, using it, and don't go jumping to a different cool feature till you have fully explored the actual one. Working through your owner's manual by doing this assists you to learn everything concerning your digital product the best and most convenient way. By ignoring your digital product manual and not reading it, you limit yourself in taking advantage of your product's features. When you have lost your owner's manual, look at product instructions for downloadable manuals in PDF

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