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por fin la obra definitiva en el entrenamiento muscular este libro describe más de 400 ejercicios de musculación indicando la forma correcta de realizarlos errores a evitar cómo afectan las variantes a las distintas partes del músculo y toda una serie de consejos para progresar y evitar puntos de estancamiento cada ejercicio va acompañado de ilustraciones de alta calidad que muestran los músculos ejercitados además también se trata la teoría del entrenamiento muscular diccionario de los términos imprescindibles lesiones comunes y su tratamiento cómo respirar durante el ejercicio etc por qué este libro es ya la referencia en entrenamiento muscular porque es una aproximación científica a este deporte pero tratado desde un punto de vista y un lenguaje comprensible para todo practicante porque contiene más ejercicios ilustrados y comentados que cualquier otra obra editorial porque la calidad gráfica de los dibujos de los ejercicios es una garantía de claridad en el entendimiento de los mismos porque señala cómo afectan las variantes a las distintas zonas musculares porque destruye mitos y malas costumbres que siempre se han dado en este mundo de la musculación porque resulta fácil y ameno de leer porque es una eficaz herramienta para superar puntos de estancamiento en las personas que llevan un tiempo entrenando porque miles de lectores de varios países han avalado su calidad tanto el principiante como el avanzado encontrarán en este libro una referencia de gran utilidad sin duda el mejor libro sobre el tema que se puede encontrar en el mercado editorial índice introducción teoría del entrenamiento muscular grupo pectorales grupo dorsales grupo hombros y cuello grupo bíceps grupo tríceps grupo antebrazos grupo piernas grupo abdominales y lumbares apéndice 1 movimientos con sus músculos principales y secundarios en cada articulación apéndice 2 diccionario de términos empleados apéndice 3 tabla de porcentajes y repeticiones

a lo largo de la obra se tratan los temas cruciales para abordar las competencias profesionales de cualquier entrenador personal la descripción funcional de los sistemas cardiovascular respiratorio y muscular las adaptaciones al ejercicio aeróbico y anaeróbico la prescripción del entrenamiento aeróbico el desarrollo de la fuerza muscular la actualización de la técnica de ejecución de los principales ejercicios las lesiones más habituales a las que hay que enfrentarse constantemente técnicas de diagnóstico inicial que clarifiquen las necesidades y los objetivos de los posibles clientes las herramientas protocolos e instrumentos para poder evaluar sus capacidades físicas inicialmente y a lo largo del programa las bases para desarrollar una nutrición sana equilibrada y efectiva las principales

indicaciones recomendaciones y consideraciones para el entrenamiento de sujetos con trastornos de salud o finalmente los recursos y herramientas para comunicar todo este potencial al mercado los diferentes capítulos están pensados para permitir descubrir a algunos y recordar a otros los fundamentos y aplicaciones de esta otra forma de entender y desarrollar el entrenamiento personal

this is a bundle of a woman's way through the twelve steps and a woman's way through the twelve steps workbook

el primer volumen basado en la segunda edición americana puede considerarse como la intersección de todo el conjunto de libros en el sentido de que contiene el material básico que se utiliza en los restantes volúmenes

cualquiera que se dedique a la gimnasia sabe que los ejercicios de abdominales han dejado atrás a las clásicas abdominales de toda la vida toda una nueva generación de ejercicios y aparatos ideados para el rendimiento máximo han llevado el desarrollo de los abdominales a unos niveles de sofisticación y tonificación que todo el mundo desea para su cuerpo pero cómo agrupar los ejercicios en una sesión para las necesidades y estado anímico de cada cual el libro completo de los abdominales lo explica el primer libro de abdominales para todo el mundo desde los principiantes hasta los profesionales del fitness más de 100 ejercicios desde flexiones y levantamientos hasta las últimas técnicas como el sacacorchos y las elevaciones de rodillas estando colgado extraídos de diversas fuentes entre las que figuran gimnasios yoga y artes marciales incluye el sistema quince minutos al día para unos abdominales perfectos que en seis meses transforma un estómago no desarrollado en otro en el que se marcan todos los músculos decenas de combinaciones nuevas y favoritas de los entrenadores y culturistas más famosos cómo convertirse en entrenador de uno mismo y preparar las sesiones información actualizada sobre dietas y nutrición incluyendo un modelo para maximizar el rendimiento de la unión entre dieta y ejercicios

qué es lo que distingue a los grandes líderes del resto los líderes excepcionales transmiten pasión lideran desde el corazón con inteligencia y enfocados hacia el futuro con el compromiso de ser los mejores como boyatzis y mckee ya han demostrado en su best seller liderazgo emocional hay que crear resonancia unos con otros gracias a ella los líderes captan las necesidades y los sueños de las

personas a las que lideran creando así las condiciones necesarias para que su gente pueda desarrollarse boyatzis mckee y johnson comparten en este manual de uso historias vividas y reales que iluminan cómo se puede desarrollar la inteligencia emocional cómo puede renovarse uno mismo y cómo se puede obtener mayor eficacia en el ambiente que le rodea con ejemplos y ejercicios prácticos los autores establecen las pautas que le servirán para articular sus fortalezas y valores construir una estrategia para dirigir el cambio y crear resonancia con la gente tanto a nivel personal como profesional si lees liderazgo emocional este puede ser su cuaderno de trabajo

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