

GUÍA DE EJERCICIOS DE FITNESS MUSCULAR

BASES PARA UN ACONDICIONAMIENTO NEUROMUSCULAR SALUDABLE

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Desde mi especialidad, como biomecánico, me atrae especialmente la forma en que los autores integran de forma práctica los conocimientos de biomecánica, junto con los de anatomía, fisiología del ejercicio y teoría del entrenamiento. Estas interacciones de diferentes disciplinas están orientadas a explicar el porqué de los ejercicios que se recomiendan en el libro. Así el músculo y las articulaciones son considerados desde una visión multidisciplinaria, que ayuda a comprender, en sus distintas facetas, el trabajo que con ellos se realiza, orientado al acondicionamiento físico y a la salud. Quisiera destacar las atractivas imágenes que los autores logran de los elementos anatómicos que intervienen, así como las de los ejercicios que prescriben en la guía.

El libro está muy cuidado, estructurado y bien acabado.

Ofrece desde la perspectiva del acondicionamiento físico, una guía de ejercicios de fitness muscular. Lejos de recetas simplemente enumerativas de ejercicios, el libro detalla las razones de los ejercicios que se recomiendan. Se describe de forma clara y aplicada la anatomía de las estructuras involucradas y los ejercicios propuestos, incluyendo las posturas en su realización y sus variantes. Está siempre presente la seguridad, por encima de todo, en las propuestas que se hacen y se detallan bien las diferentes las formas incorrectas de trabajar y sus consecuencias. Por otro lado, para que los lectores interesados puedan profundizar más, el libro recoge numerosas y actualizadas referencias bibliográficas en cada uno de sus capítulos. Por todo ello, este libro será útil tanto para los estudiantes de Ciencias del Deporte, para que puedan conocer las últimas tendencias en ejercicios para el entrenamiento de la fuerza, como para los profesionales del fitness y también para todos aquellos practicantes, deseados de estar al día y conocer con detalle aquellos ejercicios que van a realizar en el acondicionamiento muscular.

Rafael Agustín Ador

Biomecánico del Deporte

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Guia De Ejercicios De Fitness Muscular

Minjie Lin



Guia De Ejercicios De Fitness Muscular:

Guia De Ejercicios De Fitness Muscular Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has been evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Guia De Ejercicios De Fitness Muscular**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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