



Buscando el Ejercicio Perfecto (Spanish Edition)

Roberto D. Maragó

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Con una mirada crítica y analítica sobre el apasionante tema del ejercicio físico, este libro intenta clarificar de una manera sencilla y efectiva los diferentes conceptos que se vierten sobre este tema. Contra todo convencionalismo se propone partir desde análisis exhaustivos, dejando de lado los preconceptos y tomando los caminos del razonamiento y la reflexión, aplicando criterios lógicos para llegar a conclusiones taxativas.

El desarrollo muscular, el entrenamiento de alta intensidad, la adaptación muscular, los aspectos fisiológicos del entrenamiento, la física del entrenamiento de fuerza, las funciones mecánicas del ejercicio son los temas que trata libre de costumbrismos para reformular una nueva manera de ver el ejercicio físico.

Usted tendrá, al finalizar el libro, los conocimientos necesarios para llevar a cabo su propia rutina de ejercitación, analizando y planificando su rutina; entendiendo cómo, cuándo y por qué debe entrenar de cierta manera para llegar a los mejores resultados posibles.

Este libro es un pilar fundamental para el entendimiento y la comprensión de la ciencia del ejercicio que no puede faltar en ninguna biblioteca de aquellos que se muestren interesados en este tema.

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