

LOS MÉTODOS MODERNOS DE MUSCULACIÓN

Por

G. Cometti



Los Metodos Modernos De Musculacion

Gilles Cometti



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LOS MÉTODOS MODERNOS DE MUSCULACIÓN G. Cometti, 2007-12-12 Partiendo de una afirmación común es las ciencias humanas y biológicas el individuo tiene una estructura que pone en juego y moviliza la energía. Esta estructura está constituida por las palancas, las articulaciones y los músculos pero sólo los músculos son los elementos sobre los cuales puede actuar directamente el entrenamiento. Cuando el músculo funciona produce la fuerza que depende de su estiramiento. El libro *Los métodos modernos de musculación* se presenta dividido en dos partes. La primera que incluye las bases teóricas trata los mecanismos de la fuerza, factores estructurales y nerviosos. Los métodos de desarrollo de la fuerza: métodos de fuerza máxima, método por repeticiones, método dinámico, método de la pirámide. Los regímenes de contracción: regímenes isométricos, isométricos excéntricos y pliométricos. La segunda parte que incluye los datos prácticos trata los métodos de desarrollo de la masa muscular, los métodos post fatiga, la planificación de los métodos, los métodos concéntricos, la lógica de Zatsiorski, el método B, el principio de carga ascendente y descendente. Los métodos isométricos, las particularidades de método isométrico, planificación del método isométrico. Los métodos excéntricos, principio de contraste, la prefatiga. Los métodos pliométricos, particularidades y planificación. La electroestimulación en el trabajo por electroestimulación: efecto inmediato, efecto retardado. Los métodos combinados. Ejemplos concretos aplicados a diferentes deportes. Todo el libro está claramente ilustrado por medio de numerosas tablas, diagramas y gráficos.

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