

MANUAL COMPLETO DE AEROBIC CON STEP

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3ª EDICIÓN

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Manual Completo De Aerobic Con Step:

MANUAL COMPLETO DE AERÓBIC CON STEP Dawn Brown, 1998-10-28 Este es el libro más exhaustivo y actualizado sobre el tema que hoy en día hay en el mercado. Esta guía de consulta describe la coreografía de los ejercicios más recientes de step aeróbic incluyendo las innovaciones realizadas con dos bancos. Contiene más de 200 ejercicios y rutinas de calentamiento, entrenamiento de fuerza y relajación convenientemente ilustrados. Más de un millón de norteamericanos están tomando clases de step aeróbic en gimnasios. Los departamentos universitarios de educación física ya han empezado a ofrecerlo como asignatura optativa. Numerosas organizaciones profesionales están integrando el step aeróbic en los entrenamientos de sus atletas. Los ejercicios de step aeróbic eliminan grasas con mayor rapidez y eficiencia que la mayor parte de los ejercicios físi cos de bajo impacto. Además no ofrecen una presión excesiva sobre las articulaciones y los músculos. Entre los beneficios del step aeróbic están pérdida de peso, aumento de la fuerza, resistencia, tono corporal y definición muscular. El step aeróbic es una actividad casera perfecta para distintos tipos de gente. Niños, ancianos, atletas en período de recuperación, personas con exceso de peso o que están en baja forma o madres en proceso de recuperación pueden hacer ejercicio y mantenerse en forma. La autora Dawn Brown ha sido la pionera del aeróbic produciendo videos como Step it Out que fue el primero sobre esta técnica deportiva y Aquasize 1. Ambos se han convertido en superventas distribuidos por Parade Video. También ha escrito numerosos artículos sobre capacidad física para publicaciones como New Body Star Magazine, Health and Fitness 21 Magazine y Mademoiselle. En la actualidad reside en Absecon Highlands, New Jersey, donde dirige el Women's Gym and Pool Club.

MANUAL DE AERÓBIC Y STEP (Color - Libro+CD) Irima Fernández González, Blanca López Erquicia, Susana Moral González, 2007-12-15 Este manual presenta los conocimientos básicos sobre Aerobic y Step de una forma clara y práctica. Las explicaciones se acompañan con fotografías que muestran la correcta ejecución de los ejercicios y facilitan la comprensión. A través de diecinueve capítulos se desarrollan los siguientes temas: Orígenes y evolución del aeróbic y el step; Ejercicio aeróbico; Beneficios de la práctica del aeróbic y el step; La música como herramienta de trabajo; El material básico y complementario para la práctica del aeróbic y el step; El técnico instructor; Ejercicios potencialmente peligrosos; Principios básicos de la clase de aeróbic y step; Direcciones, planos de trabajo y figuras en el espacio; Construcción coreográfica; La tonificación; Ejercicios de tonificación muscular; La flexibilidad; La relajación; Diferentes modalidades de sesiones; El aeróbic de competición.

MANUAL COMPLETO DE EJERCICIOS HIDRODINÁMICOS Lynda Huey, Robert Forster, 2003-08-30 Trabajar contra la resistencia natural del agua da lugar a una sesión de ejercicios más sana y equilibrada de lo que es posible en tierra, sin casi riesgo alguno de daños para el cuerpo. Hacer prácticas en el agua resulta tan seguro que médicos y fisioterapeutas lo están prescribiendo como parte de los programas de rehabilitación de lesiones. La primera parte de este manual le enseña a confeccionar un programa de entrenamiento en el agua para todo el año. Conocer los diversos aspectos de la condición física y cómo modificar las prácticas para culminar cada uno de ellos evitando el sobreentrenamiento y las

lesiones La segunda parte del libro *Curación en el agua* le da a conocer los principios de las lesiones su rehabilitación y su curación Las prácticas específicas de rehabilitación aquí contenidas cuando son realizadas en el contexto de los ejercicios de curación en el agua reportan beneficios terapéuticos para su lesión al tiempo que le ayudan a mantener el estado de forma Con doscientas fotografías e instrucciones fáciles de seguir El Manual Completo de Ejercicios Hidrodinámicos constituye la guía definitiva que usted necesita Libros españoles en venta ,1999 *LEV* ,1999 *La inclusión en la actividad física y deportiva (Bicolor)* VVAA,2016-02-19 Una sociedad inclusiva se basa en el desarrollo de los derechos humanos que promueven la justicia social y la igualdad de oportunidades Esta obra nace como proyecto del Comité Paralímpico Español para promocionar la noción de inclusión en la sociedad Siguiendo esta premisa el libro proporciona modelos de prácticas que facilitan estrategias y recursos para implementar la inclusión de las personas con discapacidad en los programas de Educación Física en las etapas educativas de infantil primaria y secundaria así como en las actividades desarrolladas en los centros deportivos y clubes **MANUAL DEL ENTRENADOR PERSONAL. Del fitness al wellness (Color)** F. Isidro,J.R. Heredia,P. Pinsach,M. Ramón Costa,2007-01-09 Aerobic step TBC GAP cardiobox musculación spinning todas son actividades que se engloban dentro de lo que podrá ser cualquier programa de un centro de Fitness y Wellness pero tienen los técnicos actuales los conocimientos suficientes para un desarrollo seguro adecuado y eficaz de dichos programas Esta obra presenta todos los conocimientos que los técnicos instructores y practicantes en general necesitan sobre las actividades relacionadas con el fitness el wellness y por ende con el entrenamiento personalizado El libro también presenta protocolos de valoración y prescripción del entrenamiento en fitness y entrenamiento personal tanto a nivel cardiovascular como muscular y composición corporal El lector encontrará que por su carácter eminentemente práctico y actual es una obra de referencia y consulta esencial para el técnico y profesional En los 10 capítulos en que se divide la obra se desarrollan los siguientes contenidos Fitness entrenamiento personalizado y salud Programa de fitness global y entrenamiento personalizado planificación y programación del entrenamiento Aspectos psicosociales del fitness organización de las sesiones técnicas de comunicación para el profesional del fitness la música en el fitness Fitness cardiovascular respiratorio y metabólico en salas de musculación en clases colectivas el ciclo indoor Fitness muscular bases para la observación control y corrección de ejercicios de musculación planificación y programación del entrenamiento Fitness composición corporal y suplementación bases nutricionales y de entrenamiento Fitness anatómico programas de flexibilidad y estiramientos para la salud La electroestimulación aplicada al fitness Fitness femenino mitos errores y propuestas para el entrenamiento con mujeres Adaptaciones en la prescripción de ejercicio físico a personas con patologías Libros españoles en venta, ISBN ,1999 **Libros españoles** ,1979 Delibros ,1995 *Entrenamiento funcional en programas de fitness. Volumen I* Julio Diéguez Papí,2007 El volumen I constituye un manual completo y significativo En él se presentan las bases del entrenamiento funcional aplicadas a las actividades de fitness salud Se relacionan las cualidades de fuerza resistencia orgánica y flexibilidad según un modelo

funcional y se aplica la didáctica a los entrenamientos personales y en grupo. Un material de información en su género fruto de diez años de experiencia y aplicación práctica en cursos de formación de profesorado en todo el mundo. Ambos volúmenes pueden ser entendidos como una guía práctica para el profesor de actividades de fitness en grupo y puede también ser aplicado al entrenamiento personal. Supone un esfuerzo de codificación, clasificación y ordenamiento de conceptos, métodos, ejercicios y protocolos según una perspectiva inicial funcional. Varias líneas de actuación que pueden ser aplicadas en los entrenamientos de fitness salud del nuevo milenio. En definitiva, una base de conocimientos sólida que puede completar en modo multidisciplinar el perfil del profesor y del entrenador dedicados a este tipo de actividades.

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