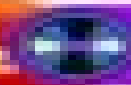


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MANUAL DE CICLO·indoor AVANZADO



DVD

Manual Del Ciclo Indoor Libro Con Cd Room

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The Software Encyclopedia ,1986 *MANUAL DE CICLO INDOOR -Libro+CD- (Color)* Carlos Barbado

Villalba,2009-04-02 El ciclo indoor aparece en 1987 por el hecho fortuito de que el californiano Johnatan Golberg ciclista retirado estaba preparando una carrera ciclista de ultrarresistencia que consista en cruzar Estados Unidos de costa a costa y para hacer más amenos sus entrenamientos de rodillo decidi realizar unas modificaciones en su bici que le permitieran entrenar de una manera más cómoda Posteriormente se le unieron a los entrenamientos otros compañeros y juntos introdujeron música en las sesiones para hacerlas más amenas As poco a poco se fue extendiendo esta nueva actividad hasta lograr el éxito que tiene hoy día en gimnasios y clubes de fitness El libro que tiene en sus manos le da las claves para la correcta aplicación desarrollo y entrenamiento a través del ciclo indoor Dividido en seis bloques te ofrece prácticos sus contenidos son los siguientes La bicicleta y otros aspectos relacionados con ella la bicicleta partes fundamentales de la misma ajuste de la bicicleta análisis de la pedalada técnica básica sobre la bicicleta Estructura y componentes básicos de la sesión de ciclo indoor intensidad de trabajo ejercicios básicos tipos de pedaleo ejercicios en grupo la música Fisiología aplicada adaptación del organismo al esfuerzo intensidad de trabajo variables metabólicas gasto energético termorregulación hidratación nutrición Sistemas de entrenamiento aplicados al ciclo indoor resistencia fuerza velocidad elasticidad y flexibilidad periodización de la temporada Aplicación práctica sesiones tipo Contiene CD con música para el desarrollo de las sesiones

MANUAL DEL CICLO INDOOR AVANZADO. (Color- Libro+CD) Carlos Barbado Villalba,David Barranco

Gil,2007-04-23 Esta obra continuación del Manual de Ciclo Indoor publicado por Paidotribo presenta todos los temas necesarios para preparar una sesión de Ciclo Indoor saludable desde los aspectos puramente técnicos de esta novedosa disciplina hasta acertados consejos sobre nutrición y alimentación junto con otras áreas de interés como la motivación el buen uso del pulsómetro o la teoría del entrenamiento Los autores comienzan con un análisis pormenorizado de los aspectos técnicos del CI que comprende las diferentes técnicas avanzadas y la implicación articular y muscular en cada una de ellas A continuación estudian los aspectos fisiológicos implicados en esta práctica y presentan una propuesta de trabajo para individualizar la intensidad del trabajo junto con el desarrollo de los sistemas de entrenamiento específicos del CI y la planificación del entrenamiento Asimismo dedican un capítulo a las poblaciones especiales en el que además de analizar la práctica del CI en la tercera edad y con las mujeres embarazadas detallan las patologías generales las específicas y las urogenitales Por último desarrollan los elementos clave para la edición de la música de las sesiones y los aspectos metodológicos de la sesión El libro contiene un CD con música para las sesiones *Children's Books in Print, 2007 ,2006*

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