

LOS MÉTODOS MODERNOS DE MUSCULACIÓN

Por

G. Cometti



Los Metodos Modernos De Musculacion

Christian Drosten



Los Metodos Modernos De Musculacion:

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 solo 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, anisométricos, excéntrico y pliométrico. 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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Revista brasileira de educaçã o física e desportos ,1978 *Teoría y Aplicación de Métodos Modernos de Fuerza y Potencia* Christian Thibaudeau,2013-04 Este segundo libro del entrenador Thibaudeau se enfoca mas en la ciencia de la fuerza asi como en los distintos metodos que usted puede utilizar para aumentar su fuerza y potencia Una gran herramienta para toda clase de atletas Incluye tambien informacion sobre electroestimulacion cadenas bandas y mas de 30 metodos de entrenamiento diferentes Por mucho tiempo he querido escribir algo especifico para atletas y entrenadores de fuerza poner algo ahi que revolucionara la forma en que los atletas de alto nivel emprenden su entrenamiento Pero no soy utopico No creo que este libro llevara al entrenamiento de la fuerza y la potencia hacia una nueva era Sin embargo estoy seguro que todos ustedes aprenderan un monton de nuevos medios metodos y metodologias de entrenamiento de este libro Lo que hara sera anadir algunas herramientas a su caja de herramientas de entrenador atleta permitiendo que usted llegue a un nuevo nivel de exito en su entrenamiento o el de sus atletas

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