

LOS MÉTODOS MODERNOS DE MUSCULACIÓN



G. Cometti



Los Metodos Modernos De Musculacion

A Gutmann



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, 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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 Gilles Cometti,2019-09-05 La práctica de la pliometría conlleva numerosos ejercicios muy variados pero se debe evitar la diversidad indiscriminada y sin lógica alguna pues esto podría conducir a cometer excesos cuyas consecuencias serían lesiones y traumas articulares En este libro el lector encontrará todo lo necesario para aplicar la práctica de la pliometría sin poner en riesgo la salud del deportista Las pruebas que se presentan no conllevan riesgo muscular alguno no fatigan y por lo tanto pueden ser repetidos frecuentemente También se trata la pliometría y la musculación con cargas la electroestimulación y el entrenamiento con vibraciones **Metodos de Entrenamiento, Fuerza y Musculacion** Luis Garcia,2014-07-22 Guía completa de entrenamiento estructural funcional cognitivo Si lo que buscas es musculación Deportiva o estética este es el manual perfecto para ti Aprende los métodos procedentes del entrenamiento de la fuerza y sus objetivos Incremento F máxima Incremento F explosiva Hipertrofia Desarrollo de F máxima Métodos de entrenamiento procedentes del culturismo Guía para principiantes Rutinas básicas y avanzadas entre otras cosas más que descubrirás en este perfecto manual de entrenamiento

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