



LEGENDARY ABS

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PROGRAM

Legendary Abs Gold Edition

H Kauffman

Legendary Abs Gold Edition:

Black Belt, 1998-11 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Black Belt**, 1995-08 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world El entrenamiento de la hipertrofia muscular Gonzalo Cuadrado Sáenz, Carlos Pablos Abella, Juan García Manso, 2008 Entre los contenidos de este volumen de entrenamiento de hipertrofia muscular se tratarán los capítulos dedicados a las generalidades del entrenamiento de la fuerza máxima hipertrófica y las características de este tipo de fuerza seguido de los aspectos relacionados con la carga teniendo en cuenta la intensidad la magnitud y los aspectos metodológicos que conforman cada uno de estos puntos un capítulo amplio que se complementa con otros métodos de entrenamiento utilizados en el trabajo de hipertrofia incidiendo en los sistemas extensivos excéntrico y excéntrico concéntrico el de contraste el isocinético y la isometría finalizando con la vibración muscular Se continua el libro con un capítulo dedicado a los movimientos básicos de musculación atendiendo a los distintos grupos musculares de todo el cuerpo y los distintos ejercicios a aplicar en función de objetivos y finalizando con un capítulo de los movimientos complejos principalmente los basados en ejercicios de halterofilia que son muy utilizados en deportes con objetivos de mejora de fuerza explosiva y coordinativa Con este libro queremos aplicar los aspectos generales desarrollados en el primer volumen mediante los planteamientos metodológicos del entrenamiento de la fuerza con objetivo hipertrófico Capítulo 1 Entrenamiento de la fuerza máxima hipertrófica Generalidades 1 1 Los materiales y los medios de entrenamiento de la fuerza máxima hipertrófica 1 2 Entrenamiento de la fuerza máxima hipertrófica Capítulo 2 La selección de cargas de entrenamiento La intensidad 2 1 La selección de las cargas de entrenamiento de la fuerza máxima hipertrófica 2 2 Intensidades de las cargas 2 3 La repetición máxima RM 2 4 El porcentaje de carga % 2 5 Las recuperaciones Capítulo 3 La selección de cargas de entrenamiento La magnitud 3 1 La magnitud de la carga 3 2 Aspectos que deben tenerse en cuenta para determinar la magnitud de un entrenamiento de la fuerza 3 3 Número de grupos musculares por sesión 3 4 Ejercicios por grupo muscular y número de sesiones 3 5 Series por ejercicio grupo muscular y número de sesiones 3 6 Repeticiones por serie y repeticiones por sesión y series por sesión de entrenamiento 3 7 Número de sesiones por microciclo Capítulo 4 La selección de cargas de entrenamiento Aspectos metodológicos 4 1 Forma de ejecutar el entrenamiento 4 2 La selección del ejercicio 4 3 Orden de ejecución de los ejercicios 4 4 Velocidad de ejecución de los movimientos 4 5 Amplitud de los movimientos 4 6 Modelos de

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