

Cuanto Es 90 Grados En Torque

Rachel S Tattersall

BIG 3 - Fuerza entrenamiento anatomía Jerónimo Milo, El Manual BIG3 de la serie «Fuerza Entrenamiento Anatomía» está dedicado especialmente a El Peso Muerto, La Sentadilla y El Banco Plano. En él se explican de manera analítica los procesos anatómicos/funcionales detrás de estos 3 ejercicios y como aplicar, transferir y extrapolar este conocimiento a cualquier otra situación. Denominamos BIG3 al conjunto de 3 ejercicios con los cuales podemos desplazar grandes cargas y desarrollar la fuerza absoluta, que conforman el paquete básico de fuerza en muchas modalidades. También son parte constitutiva del deporte y la disciplina del Powerlifting. Dividido en 4 segmentos, el Manual BIG3 presenta un primer capítulo dedicado a la revisión de conceptos fundamentales y herramientas necesarias para comprender la obra. Los capítulos subsiguientes, abordan cada uno de los 3 ejercicios de manera clara y segmentada. Allí se describen y explican, al tiempo que se analizan en profundo detalle, estudiando también la zona del cuerpo que ejerce mayor dominancia sobre la ejecución en cada caso. A través de una combinación de lenguaje escrito y visual mixto, tanto académico como popular, Jerónimo Milo logra acercar ambos mundos, facilitando la comprensión completa de los contenidos. CON EL MANUAL BIG3 DE «FUERZA ENTRENAMIENTO ANATOMÍA» PODRÁS: Aprender los conceptos fundamentales y herramientas necesarias para comprender el análisis anatómico funcional. Entender la mecánica de cada ejercicio y su principal activación muscular. Descubrir los detalles técnicos y recomendaciones fundamentadas, para evitar lesiones . Desarrollar una mente analítica que te permita ordenar y reorganizar tus conocimientos. Complejizar, Facilitar y/o modificar los Big3: Peso Muerto, Sentadilla y Banco Plano. EL MANUAL BIG3 DE «FUERZA ENTRENAMIENTO ANATOMÍA» INCLUYE: Componentes de la Cadera, la Rodilla y el Hombro. Patrones de Movimiento, Continuo de Movilidad-Estabilidad, Planos y Ejes, Línea de Descarga, Brazo de momento, de palanca y Torque. Presiones internas y respiración. Sticking Points [Puntos de Fricción]. Neutralidad de la Columna explicada. 3 mitos sobre la rodilla en la sentadilla, fundamentados científicamente. 160 páginas - dibujos e ilustraciones originales.

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