



Stretching, el arte de estirar y elongar los músculos. (Spanish Edition)

Marisa Melina Callegari

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El stretching es el arte de estirar y elongar los músculos. Es una práctica que no sólo estiliza la figura y cuida la salud de las fibras musculares, sino que además reporta enormes beneficios para quien la practique con cierta fluidez y frecuencia.

El stretching posee ejercicios para todos los grupos musculares: el cuello y los hombros, el pecho y la espalda, el abdomen y las caderas, los brazos, los glúteos y la zona baja de la espalda, las pantorrillas y los tobillos, los muslos en su parte anterior, posterior, interna y externa. Si se practica stretching en forma constante, el estiramiento muscular y la elasticidad de las articulaciones serán un problema del pasado. Este libro contiene una selección de sus mejores ejercicios para proteger a nuestro cuerpo de las lesiones musculares.



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