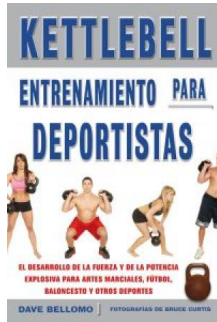


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KETTLEBELL. ENTRENAMIENTO PARA DEPORTISTAS



TUTOR, 2010. Condition: Nuevo. MEJORE EL RENDIMIENTO EN CUALQUIER DEPORTE CON EL NUEVO SISTEMA DE ENTRENAMIENTO CON PESAS RUSAS. Conocidas desde hace más de un siglo, las kettlebells fueron utilizadas por los forzudos en los espectáculos circenses a finales del siglo XIX. Actualmente, deportistas de elite las emplean dentro de sus programas de entrenamiento al descubrir que nada es comparable al impacto que ejercen las kettlebells sobre todo el cuerpo. El entrenador y autor de este libro, Dave Bellomo, muestra...

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- Authored by Bellomo, Dave
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