



## INICIACIÓN A LA MARCHA NÓRDICA. Guía de bolsillo

By Pramann, Ulrich

Tutor, 2007. soft. Book Condition: New. Completa guía de marcha nórdica (nordic walking), un deporte con el que se ejercita casi el 90 por ciento de la musculatura corporal. La marcha nórdica es muy fácil y rápida de aprender; no depende del terreno ni del tiempo atmosférico, por lo que puede practicarse durante todo el año. Este libro expone las nociones básicas de este deporte en cuanto a equipo y entrenamiento, y ofrece una gran cantidad de ejercicios de fortalecimiento y estiramientos, ejercicios de salto y pasos, además de juegos, que hacen que su práctica sea muy variada. Ulrich Pramann, periodista, trabaja desde hace 25 años en temas relacionados con el deporte, la salud, el fitness y las carreras. Da conferencias sobre temas de fitness y salud, e imparte seminarios junto con Bern Schäubfle, entrenador y preparador de nordic walking, que ha formado a más de mil instructores.

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