



Manual del entrenador personal: Del fitness al wellness (Color) (Deportes n° 93) (Spanish Edition)

Felipe Isidro, Juan Ramon Heredia, Piti Pinsach, Ramón Costa

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Aerobic, step, TBC, GAP, cardio-box, musculación, spinning, todas son actividades que se engloban dentro de lo que podría ser cualquier programa de un centro de Fitness y Wellness pero... ¿tienen los técnicos actuales los conocimientos suficientes para un desarrollo seguro, adecuado y eficaz de dichos programas? Esta obra presenta todos los conocimientos que los técnicos, instructores y practicantes en general necesitan sobre las actividades relacionadas con el fitness, el wellness y, por ende, con el entrenamiento personalizado. El libro también presenta protocolos de valoración y prescripción del entrenamiento en fitness y entrenamiento personal, tanto a nivel cardiovascular, como muscular y composición corporal. El lector encontrará que por su carácter eminentemente práctico y actual es una obra de referencia y consulta esencial para el técnico y profesional.

En los 10 capítulos en que se divide la obra se desarrollan los siguientes contenidos:

Fitness, entrenamiento personalizado y salud.

Programa de fitness global y entrenamiento personalizado: planificación y programación del entrenamiento.

Aspectos psicosociales del fitness: organización de las sesiones, técnicas de comunicación para el profesional del fitness, la música en el fitness.

Fitness cardiovascular, respiratorio y metabólico: en salas de musculación, en clases colectivas, el ciclo-indoor.

Fitness muscular: bases par la observación, control y corrección de ejercicios de musculación, planificación y programación del entrenamiento.

Fitness, composición corporal y suplementación: bases nutricionales y de entrenamiento.

Fitness anatómico: programas de flexibilidad y estiramientos para la salud.

La electroestimulación aplicada al fitness.

Fitness femenino: mitos, errores y propuestas para el entrenamiento con mujeres.

Adaptaciones en la prescripción de ejercicio físico a personas con patologías.

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