



## Grand livre de la musculation : méthode optimum pour des résultats garantis

By Paquet, Laurent

Chiron, France, 2013. Paperback. Condition: Neuf. NA3081, PC4751, 0.320, 97827002714263. Cet ouvrage apporte une réflexion sur l'enseignement et la pratique de cette activité physique. L'objectif est de pouvoir vous entraîner en limitant au maximum les risques traumatologiques qui peuvent apparaître avec une pratique inadaptée. Ce sont aussi les clés pour varier vos propres entraînements grâce à une vingtaine de méthodes répertoriées. C'est également un manuel qui vous permettra d'enseigner cette activité sportive en adaptant les séances aux objectifs, au vécu pratique et à l'expérience de chacun. Vous trouverez en complément le stretching, indispensable à la fin de toute séance de renforcement musculaire. Avec en grandes parties : Les 4 niveaux d'entraînement. Les 20 méthodes d'entraînement. Analyse des exercices par groupe musculaire (partie supérieure du corps, partie inférieure du corps). Les exercices sans ou avec peu de matériel. Les séances d'entraînement selon les niveaux.



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