

Télécharger Livres Gratuit Treinamento funcional para mulheres (PDF | ePub | Mobi)

Luis Cláudio Bossi DataBase Book



Esta obra traz todas as informações necessárias para o desenvolvimento de um programa estruturado de treinamento funcional para o público feminino. Com o objetivo de possibilitar a aplicação prática de todo o conteúdo teórico, apresentam-se exercícios amplamente ilustrados e modelos de periodização que contemplam as características fisiológicas próprias das mulheres.

Title	:	Treinamento funcional para mulheres
Author	:	Luis Cláudio Bossi
Catégorie	:	Forme et santé
Sortie	:	14 déc. 2010
Éditeur	:	Phorte Editora
Pages	:	176
Langue	:	Portugais
File Size	:	6.59MB

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