



# MANUAL DE ENTRENAMIENTO DEPORTIVO (Cartonè y bicolor) (Spanish Edition)

*Alejandro Legaz Arrase*

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En esta obra el lector encontrará una herramienta indispensable para establecer un proceso de entrenamiento que se adapte a cualquier deportista y modalidad deportiva. También se describen las principales lesiones junto con las nociones básicas de sus síntomas, diagnóstico y tratamiento, los medios de prevención y las principales directrices para el proceso de readaptación.

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