



Anatomía deportiva (Medicina nº 39) (Spanish Edition)

Jürgen Weineck

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ANATOMÍA DEPORTIVA analiza los fundamentos funcionales y anatómicos de la mayor parte de los deportes olímpicos de invierno y de verano, de esta manera se estudia la anatomía desde una relación directa con la práctica deportiva. El libro comienza con una representación detallada de los músculos más importantes del aparato locomotor para luego integrarlos en el estudio de los movimientos complejos del tronco y de las extremidades. Las ilustraciones que acompañan a cada músculo ayudan a comprender su función. También se desarrolla una guía de entrenamiento con propuestas dinámicas y estáticas para el trabajo de la fuerza con todos los grupos musculares implicados en el análisis de las secuencias motoras simples. Todas las disciplinas deportivas no tratadas en este libro pueden ser recreadas de forma autónoma con esta información.

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