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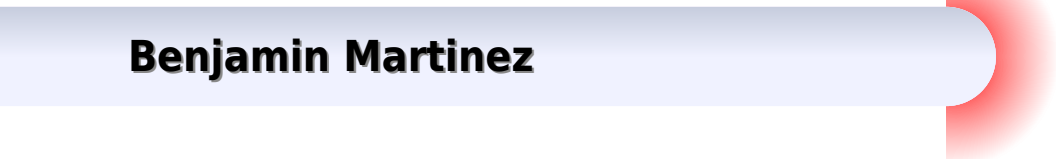
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Allegro Manual Polestar

Benjamin Martinez



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interrelacionan con los principios de Pilates para proporcionar una perspectiva exclusiva y en profundidad del repertorio de ejercicios de suelo colchoneta desarrollado por el equipo de Joseph H Pilates En el Apartado 1 Teoría y práctica se explora el órgano de comunicación neuromiofascial que ilumina los ejercicios de suelo de J H Pilates y los ejercicios con los aparatos Reformer silla trapecio y barril Además a partir de la intersección entre la investigación y la práctica del movimiento germina un sistema integral de ejercicios centrados en la fascia realizados en el suelo y en aparatos El Apartado 2 incluye las aplicaciones especializadas que proporcionan las perspectivas del movimiento a partir de la fascia en el buen envejecimiento las adaptaciones de la postura en las interconexiones de bloqueo el reemplazo de cadera y rodilla y la marcha eficiente Los 14 capítulos están ampliamente ilustrados con fotografías a todo color y tablas que presentan este contenido nuevo y complejo en un formato claro y estéticamente atractivo

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