



# Il Bodyweight Training: tecnica definitiva (Italian Edition)

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## **Il Bodyweight Training: tecnica definitiva (Italian Edition)** The Blokehead

Una guida completa all'allenamento bodyweight

Questo libro ha lo scopo di presentare più di 50 esercizi avanzati, parte dell'allenamento Bodyweight. Il libro contiene istruzioni dettagliate per eseguire passo passo ciascun esercizio.

Questo libro esplora versioni modificate di alcuni esercizi della tecnica bodyweight utilizzate nell'allenamento sportivo.

Ciascun esercizio presentato in questo libro richiede l'impiego di attrezzatura minima, come sedie, corde e barre. Il lettore può sostituirli con oggetti simili, disponibili a casa. Non c'è alcun bisogno di recarsi in palestra per effettuare questi esercizi. Tutti gli esercizi possono essere eseguiti a casa, o addirittura in cortile.

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