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Encauzar el entrenamiento muscular profesional. Con esta exigencia, este libro no sólo se dirige a los profesionales, sino también a todas aquellas personas dispuestas a invertir tiempo y energía para mejorar consecuentemente su figura, postura, salud y capacidad de rendimiento. Con el "libro práctico de entrenamiento de la musculatura" entrena con los fundamentos más actuales del conocimiento científico. La teoría y la práctica se engranan la una con la otra.

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