

El Entrenamiento del Salto Con Pertiga. Tecnica E Iniciacion (Paperback)



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Reviews

Comprehensive guide! Its this type of very good read through. It is actually writter in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Bernie Mante PhD)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: Spanish . Brand New Book ***** Print on Demand *****.El canal de Youtube Polvoltim recibe cientos de visitas cada dia. Ahora, esos videos sirven de apoyo a esta serie de manuales sobre el entrenamiento del salto con pertiga. La pertiga es una fiera salvaje que cobra vida en cuanto se la clava y solo quiere una cosa: lanzarte arriba, cuanto mas alto mejor, pero como se de cuenta de que te intimida o te provoca temor. Ay, amigo!, te perdera el respeto y te vas a enterar. Por eso, la pertiga debe ser tu amiga, si, pero has de saber educarla y obligarla a mantener la disciplina. Que no te vea debil! Si tienes dudas, que no se noten! Ensenale quien manda y ella obedecera y te dara las mayores alegrias. Este manual re ayudara a conseguirlo, al mostrarte como debes manejar la pertiga durante un salto, y lograr asi que te ame y solo piense en satisfacer tus deseos Ademas de una completa explicacion tecnica, se incluyen objetivos de trabajo y ejercicios para la iniciacion.



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