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LA MARCHÉ ET LA PERFORMANCE SPORTIVE

By BRIGAUD FREDERIC

DESIRIS, 2011. Couverture souple. Book Condition: Neuf. Savez-vous que la façon dont vous posez votre pied détermine sa forme ? Savez-vous qu'il est possible de stabiliser, dynamiser, potentialiser vos jambes pour n'importe quelle discipline sportive en apprenant à marcher ? La compréhension et la maîtrise du déroulement du geste depuis la marche jusque dans la pratique sportive sont synonymes de performance et de préservation. Cet ouvrage vous propose une approche pratique de la biomécanique, globaliste, immédiatement applicable, en dévoilant l'interaction entre les différents éléments osseux qui interviennent dans la marche, la course, etc.



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