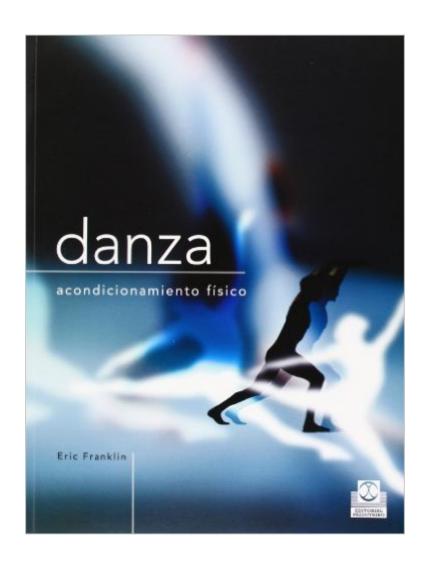
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# Danza: Acondicionamiento Fisico (Spanish Edition)





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En este libro se describen los principios  $b\tilde{A}_i$ sicos del entrenamiento de la resistencia y del acondicionamiento f $\tilde{A}$ - sico para la danza. Para ello, se integran los componentes tradicionales de la fuerza, la flexibilidad y el nivel cardiorrespiratorio

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