

OLIVIER LAFAY

Método de Musculación

110 EJERCICIOS SIN APARATOS

Un entrenamiento **progresivo** y
programas **específicos** para:

- ➔ **Eliminar**
la grasa sobrante
- ➔ **Desarrollar**
los músculos
- ➔ **Mejorar**
las cualidades atléticas:

Fondo

Relajación

Flexibilidad

Fuerza

Resistencia

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