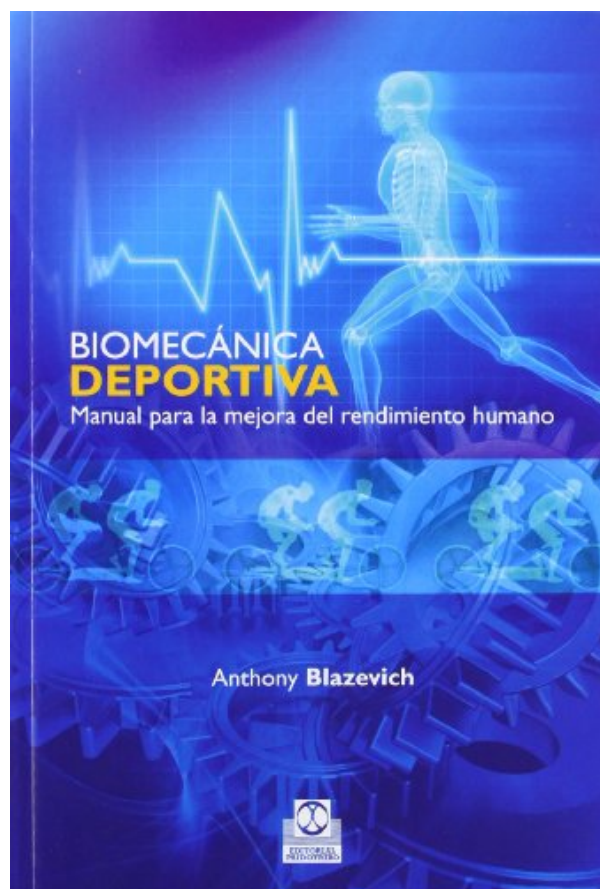


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Este libro le permitira analizar la biomecanica de cualquier deporte o actividad que practique para asi mejorar la forma en que se mueve. En Manual para la mejora del rendimiento humano Anthony Blazeovich responde a preguntas del mundo real, usando un lenguaje de facil comprension y con gran riqueza de diagramas muy claros y concisos. Cada capitulo se dedica a un area concreta de la biomecanica deportiva y se detallan los aspectos cientificos del rendimiento deportivo, complementados con consejos sobre como aplicar la informacion, asi como ecuaciones utiles y fuentes bibliograficas. Tambien hay recuadros sobre temas especiales que le ayudaran en tareas como el analisis mediante videos de la biomecanica en accion, o para entender las variables de las pruebas.

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