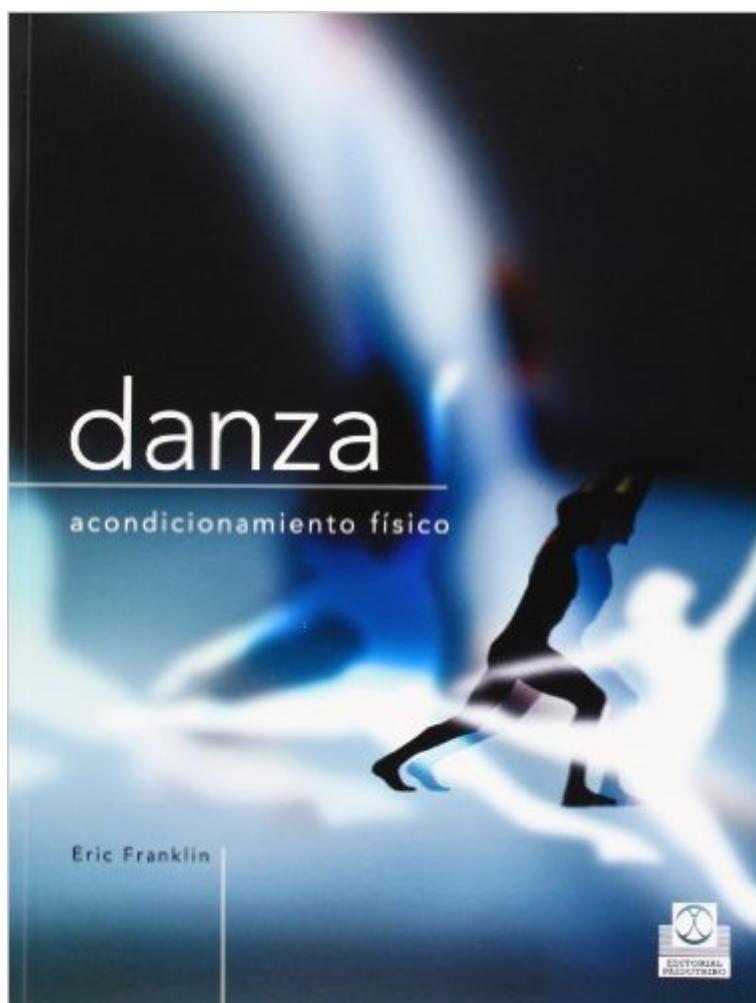


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# Danza: Acondicionamiento Fisico (Spanish Edition)



## Synopsis

En este libro se describen los principios básicos del entrenamiento de la resistencia y del acondicionamiento físico para la danza. Para ello, se integran los componentes tradicionales de la fuerza, la flexibilidad y el nivel cardiorrespiratorio

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