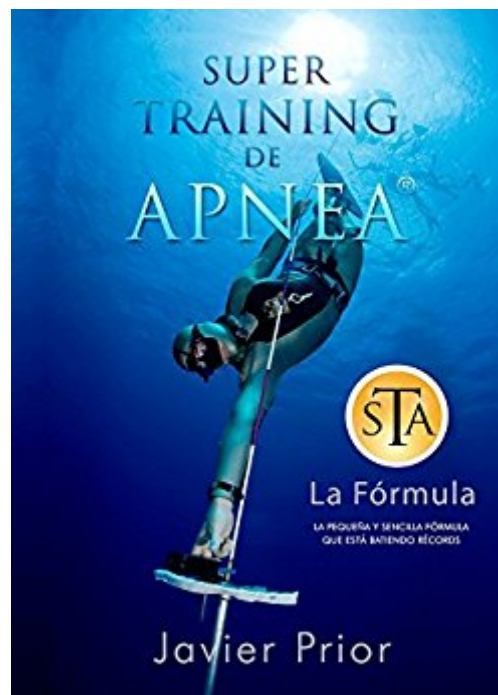


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Super Training De Apnea: La Pequeña Y Sencilla Fórmula Que Está Batiendo Récords (Spanish Edition)



Synopsis

Este libro es para ayudarte a que aumentes tu apnea estática, dinámica y de profundidad. Tú puedes aumentar tu apnea HOY! En su interior encontrarás el método más fácil y seguro que existe y que tú puedes poner en práctica. Alcanzarás los resultados que siempre has querido. Con la ayuda de este libro descubrirás tus LÍMITES PSICOLÓGICOS y tus LÍMITES FÍSICOS de apnea. Sé cómo te sientes, también he visto tablas de entrenamiento para piscina, tablas para entrenar en seco pero nadie dice nada claro o seguro. Yo también me sentí así. Pero encontré el método para batir un récord nacional de apnea. Este método lo puedes implementar con un 100% de garantías de éxito y seguridad. Este libro no es de "método" teórico sino de mi método y de "LAS BARRERAS PSICOLÓGICAS" que encontrarás a la hora de aumentar tu apnea. Un libro 100% práctico. Para experimentar con tu mente y tu cuerpo. Aprenderás 2 cosas: Una fórmula de entrenamiento en seco para subir tu apnea y las técnicas para manejar tu mente, relajarte, eliminar nervios, etc. Javier Prior: Autor del método y el programa de entrenamiento "Super Training de Apnea Online". Autor del libro 110 preguntas de Apnea, Nº1 en ventas de Apnea en . Instructor de Apnea Academy y coach profesional (IEC). Batí el récord de España de apnea STA en el año 2009.

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