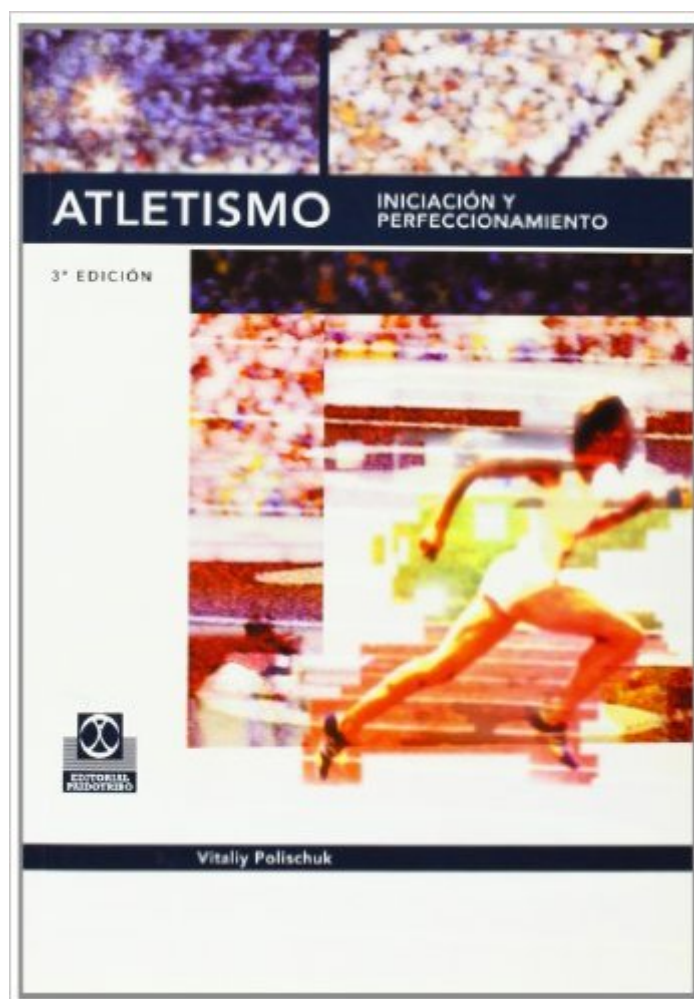


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En este libro se expondr n los m todos y medios de desarrollo de las cualidades motoras de los atletas, las aptitudes de fuerza y velocidad, la resistencia, la flexibilidad y las capacidades de coordinaci n. Paralelamente se citar n los ejercicios de iniciaci n y espec ficos de los atletas seg n sean las modalidades atl ticas

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