

Leggere Nuoto Master Ebook Gratuito PDF/EPUB/mobi - Luca Bianchini & Luca Madini Moretti



leggere Nuoto Master Ebook gratuito PDF/EPUB/mobi Luca Bianchini & Luca Madini Moretti , Nel mondo ci sono persone che si diletano nell'acqua fin dai primi mesi della loro vita standoci per tutta la loro esistenza. I neonati fanno le loro prime esperienze in acqua, i bambini imparano a giocare e muoversi dentro. I ragazzi nuotano per piacere o per gareggiare. Gli adulti lo fanno per stare in forma o, anche loro, per gareggiare.

Sono gli atleti master, che si allenano con una squadra per tenersi in forma, per praticare uno sport che fa stare bene. Per fare qualcosa insieme ad altre persone.

Pratico eBook redatto da Luca Bianchini e Luca Madini Moretti, esperti e appassionati allenatori master con laurea in scienze motorie.

A completamento del testo, sui principali app store è disponibile il software NUOTO MASTER, in formato App.

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