



La Musculation Deacutebrouillarde Musclez Vous A Domicile

Jean Marchal



La Musculation Deacutebrouillarde Musclez Vous A Domicile:

Manuel de Musculation à Domicile #Homme Jean Marchal, 2021-02-18 Comment prendre du muscle perdre de la graisse et booster sa santé Cette nouvelle méthode vous révèle comment se muscler facilement pour TOUS les hommes grâce à des techniques simples et prouvées pratiquer chez vous L'objectif majeur de ce livre de musculation pour débutant est de vous fournir TOUT ce qui est fondamental de connaître en musculation y compris en débutant le vrai du faux Ce livre de fitness pour homme est synthétique pour faciliter la compréhension mais tout ce qui est vraiment utile l'hypertrophie est présent Le but secondaire est de vous proposer une méthode de musculation générale et personnalisable qui combine le meilleur du poids du corps et de la fonte de façon à se muscler chez soi sans se ruiner en matériel paire de haltères barre de traction et station dips La musculation au poids du corps est naturelle et super intuitive mais trouve ses limites un moment donné pour réussir à adapter efficacement le principe fondamental de la surcharge progressive La musculation avec haltères fait appel aux muscles stabilisateurs et s'adapte parfaitement la progression mais nécessite beaucoup de lest en fonte et un banc En piochant dans le meilleur de ces deux mondes on obtient une méthode de musculation fonctionnelle la maison mais aussi transposable en salle de fitness via des adaptations mineures VOUS Y TROUVEREZ PAR EXEMPLE Les grands principes et techniques d'entraînement y compris les exercices de fitness pratiquer le nombre de séries et de répétitions les temps de repos amplitudes mais aussi les techniques anti stagnation De solides notions d'anatomie avec illustrations pour être en mesure d'en tirer des conclusions Comment éviter les blessures en fonction de votre morpho-anatomie La vérité sur le dopage et votre niveau musculaire atteignable de façon naturelle Les stratégies de progression globales pour développer un point faible ou encore la stratégie muscle par muscle selon sa généralité Tout sur la nutrition sportive Que ce soit les bases théoriques comment bien manger pour prendre du muscle prise de masse et perdre de la graisse tout en préservant la masse musculaire Comment vous constituer une diète personnalisée et même un exemple de plan alimentaire modulable suivre Les compléments alimentaires pertinents en fitness santé et pour une santé de fer Des exercices de musculation détaillés avec illustrations et pouvant être pratiqués la maison sans matériel Comment bien se chauffer et se tirer souple rapidement et efficacement avec illustrations Des programmes de musculation simples et efficaces du niveau débutant au niveau confirmé via l'utilisation cohérente du Full Body et du Split Un programme de remise en forme et perte de poids et de conservation des acquis musculaires Comment combiner musculation et entraînement cardio-vasculaire de façon cohérente Un programme de cardio training en endurance pour aider à obtenir une condition physique complète tel un boxeur Comment optimiser son mental motivation pour réussir persévérer sur la durée et atteindre vos objectifs Une FAQ sans langue de bois pour tordre le cou aux mythes et légendes encore trop présents en fitness Bonne fin de guide complet facile à comprendre et sans langue de bois SOMMAIRE Ch1 Les connaissances de base Ch2 Préparation mentale Ch3 Principes techniques d'entraînement Ch4 Groupes musculaires Ch5 chauffage Ch6 tirements Ch7 Exercices détaillés Ch8 Principes de nutrition Ch9 Repos hygiène de vie Ch10 Programme de

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