



Gimnasia dulce (Spanish Edition)

Roberta Cavicchioli

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El ritmo frenético de la vida cotidiana nos repercute de forma negativa tanto a nivel psíquico como físico. La gimnasia dulce es un valioso método para garantizar un estado de bienestar general. Es una disciplina que no requiere excesivos esfuerzos musculares; por ello, se puede practicar a cualquier edad, de manera individual o en grupo, respetando las exigencias y los ritmos de cada uno. En este manual encontrará todos los consejos necesarios para practicar de forma correcta la gimnasia dulce: técnicas y modalidades de ejecución, ejercicios divididos en cinco niveles de dificultad creciente y programas especiales de entrenamiento para mantenerse sano y activo.

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