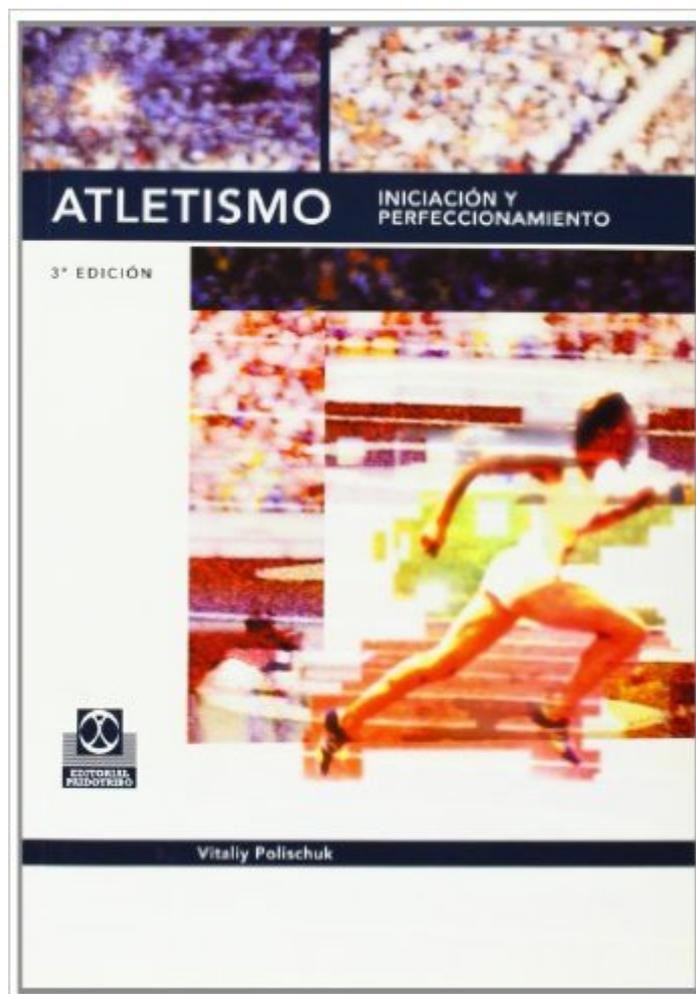


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En este libro se expondrán los métodos y medios de desarrollo de las cualidades motoras de los atletas, las aptitudes de fuerza y velocidad, la resistencia, la flexibilidad y las capacidades de coordinación. Paralelamente se citarán los ejercicios de iniciación y específicos de los atletas según sean las modalidades atléticas

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