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# EL EJERCICIO FÍSICO CON CINTA ELÁSTICA (Spanish Edition)

*FCO. JAVIER ARRANZ ALÉS*

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Se desarrolla una propuesta de actividad física con la cinta elástica como elemento de trabajo. Primero se ofrecen directrices, tanto a nivel fisiológico como metodológico. Después se desarrolla el trabajo práctico, ofreciendo las actividades propuestas (simples y compuestas, con y sin ayuda), así como los programas individualizados. Es útil tanto para mantenimiento físico, como para el ámbito educativo, y el entrenamiento deportivo.

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