



# **Abdominales: Para un trabajo abdominal más seguro y eficaz (Deportes nº 27) (Spanish Edition)**

*Cecilia Dorado García, Nuria Dorado García, Joaquín Sanchís Moysi*

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La falta de actividad física unida a los malos hábitos posturales en el trabajo lleva a una situación que favorece la aparición de desviaciones en el raquis y dolor lumbar. Ambos factores pueden determinar un desarrollo muscular insuficiente que dificulte el mantenimiento de la postura correcta. El desarrollo de la musculatura abdominal constituye un método adecuado para evitar dolores en la zona lumbar. Tras una primera parte teórica en la que los autores hacen un estudio de la anatomía de la pared antero lateral del abdomen y analizan -muscular y biomecánicamente- los ejercicios tradicionales para el desarrollo de la musculatura abdominal, la parte práctica del libro propone ejercicios para trabajar los abdominales con retroversión pélvica, los abdominales oblicuos, los abdominales con elevación del tronco y los abdominales combinando la elevación del tronco y la retroversión pélvica.

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