Tests y pruebas físicas

Marco Benlloch



Existen numerosas herramientas online que puedes utilizar para monitorizar tu forma física y planificar tus <u>entrenamientos</u> correctamente. Desde tests de esfuerzo hasta cardiovasculares pasando por toda una serie de tests de ejercicios concretos, en esta sección encontrarás todas las <u>herramientas y calculadoras online</u> que necesitas para estar en forma.

Tests de fuerza y resistencia muscular

Estos tests y herramientas online están encaminados a determinar tu fortaleza en cada uno de las principales zonas musculares, en comparación con otras personas de tu mismo sexo y edad.

- Test de abdominales
- Test de flexiones de brazos
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