

Tabla 2.10. Propuesta de algunos ejercicios acuáticos para las evaluaciones de resistencia a la fuerza.

	Abertura horizontal
	Intervención muscular en la aducción horizontal: • Fibras medias del pectoral mayor. • Pectoral menor. • Serrato mayor. • Deltoides anterior. Intervención muscular en la abducción horizontal: • Fascículos posteriores del deltoides. • Infrapinosa. • Redondo menor. • Romboides mayor y menor. • Fibras medias del trapecio.
	Balanceo de brazos horizontal
	Intervención muscular en la flexión del codo: • Biceps braquial. • Braquial anterior. • Supinador largo. • Pronador redondo. • Varios flexores de muñeca. Intervención muscular en la extensión del codo: • Tríceps braquial. • Anconeo.
	Gran patada frontal
	Intervención muscular en el movimiento hacia delante: • Cuádriceps. • Psoasiliaco. • Sartorio. • Pectíneo. • Aductores mayor, menor y mediano. Intervención muscular en el movimiento hacia atrás: • Glúteo mayor. • Biceps femoral. • Semimembranoso. • Semitendinoso. • Gemelo. • Poplíteo. • Recto interno del muslo.

Acondicionamiento Fisico En El Medio Acuatico

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