



Krafttraining Fur Dummies: Sonderauflage (2nd Revised edition)

By Liz Neporent, Suzanne Schlosberg

Wiley-VCH Verlag GmbH. Paperback. Book Condition: new. BRAND NEW, Krafttraining Fur Dummies: Sonderauflage (2nd Revised edition), Liz Neporent, Suzanne Schlosberg, Schritt fur Schritt dem Traumkorper ein Stuckchen naher kommen Wollen Sie Gewichte stemmen, um Ihren Rucken zu starken, Ihre Knochendichte zu verbessern oder stolz Ihren durchtrainierten Korper zu prasentieren? Dann ist dieses Buch genau das richtige fur Sie. Zahlreiche illustrierte Anleitungen von Ubungen fur Rucken, Brust, Schultern, Arme, Bauch, Beine und Po fuhren Sie Schritt fur Schritt zu Fitness und Wohlgefuhl. Manche erfordern das Equipment eines Fitness-Studios, andere konnen Sie ohne Hilfsmittel zu Hause durchfuhren. Die Autorinnen geben Ihnen auch Tipps, wie Yoga, Pilates und Stretching, aber auch eine angemessene Ernahrung, Ihr Krafttraining unterstutzen konnen. So sind Sie bestens gerustet, Ihr Workout effektiv zu gestalten.



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