



Enzyklopädie Bauch - Beine - Po: Anatomie - Muskeltraining - Stretching (German Edition)

Oscar Moran

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Flacher Bauch, schlanke Beine und ein knackiger Po - Óscar Morán zeigt in 75 Trainings- und Stretching-Übungen sowie zahlreichen Variationen den Weg zu einer attraktiveren Figur und der Vorbeugung von Verletzungen.

Enzyklopädie Bauch - Beine - Po geht buchstäblich unter die Haut und präsentiert alle Übungen ausführlich anhand der beteiligten Muskelgruppen. Trainingsgrundsätze werden wissenschaftlich fundiert erklärt und Techniken, Atmung und häufige Fehler erläutert.

Durch seine klare Darstellung komplexer Zusammenhänge hilft Óscar Morán bei der Überwindung von Fehlern und Plateau-Phasen und bietet eine lebendige Vielseitigkeit für ein besseres Körpergefühl.



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