



Core-Training für einen gesunden Rücken (German Edition)

Günther Pappert, Bernd Schmölzer

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Das erfolgreiche **Fitness-Konzept der deutschen Fußball-Nationalmannschaft (WM 2006)** - jetzt für alle, die **Rückenproblemen** vorbeugen oder diese lindern wollen: Dieses schrittweise aufbauende Modul-Programm bringt die **Rücken- und Rumpfmuskulatur** auf Vordermann - abwechslungsreich mit Elementen u.a. aus **Yoga, Pilates und Feldenkrais**. Mit den präzisen Anleitungen, eindeutigen Fotos und unterschiedlichen Schwierigkeitsgraden kann jedermann weltmeisterlich trainieren - vom Anfänger bis zum Profi!



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