



Kompaktkurs Rücken: Anatomie - Stretching - Muskeltraining (German Edition)

Oscar Moran Esquerdo

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Der Rücken ist durch unsere heutige Lebensart zu einer Schwachstelle des menschlichen Körpers geworden. Ein sinnvolles Trainingsprogramm sollte sich daher beiden Säulen einer gesunden, starken und ästhetischen Rückenmuskulatur widmen: Kraft und Beweglichkeit. Eine Kombination aus Muskel- und Stretchingübungen baut Ihre Muskulatur ausgewogen und effizient auf und hält sie dehnbar und flexibel.

Kompaktkurs Rücken geht buchstäblich unter die Haut und stellt den Aufbau des Rückens mit allen Muskelgruppen ausführlich und mit den korrekten Fachbegriffen vor. Trainingsgrundsätze werden wissenschaftlich fundiert erklärt und Techniken, Atmung und häufige Fehler erläutert.

Die zahlreichen Muskel- und Stretchingübungen werden jeweils in einer Grundübung mit freien Gewichten oder am Gerät sowie ihren Varianten präsentiert und durch Zeichnungen mit farblich gekennzeichneten Muskelgruppen veranschaulicht.



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