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HYPERTROPHIETRAINING NACH DEN WEIDER-PRINZIPIEN



Grin Verlag. Paperback. Condition: New. 20 pages. Dimensions: 10.0in. x 7.0in. x 0.1in. Studienarbeit aus dem Jahr 2010 im Fachbereich Sport - Sportarten: Theorie und Praxis, Note: 1, 7, Friedrich-Schiller-Universitt Jena (Institut fr Sportwissenschaft), Veranstaltung: Spezielles Muskeltraining, Sprache: Deutsch, Abstract: Joe Weider sammelte die Erfahrungen bedeutender Bodybuilder, erprobte eigene und bernahm T-Prinzipien anderer Sportarten und entwickelte daraus ein System von Trainings-Prinzipien fr BB. All diese Prinzipien sind versch. Spezialtechniken, um im Fortgeschrittenen- und WK-Training Fortschritte zu erzielen. Es sind alles Methoden,...

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