

Trainingsplanung Nach Der Ilb-methode: Fitnesstrainer B-lizenz (bsa) - Felix Kracht

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Die Arbeit wurde im Rahmen der Ausbildung 'Fitnesstrainer B-Lizenz' bei der BSA-Akademie erstellt. Für einen Neukunden im Fitnessstudio wurde dessen individuellen Wünschen und Zielen entsprechend eine Trainingsplanung für ein optimales Krafttraining über einen Zeitraum von 6 Monaten erstellt. Zur Anwendung kommt als Krafttrainingsmethode die 'Individuelle-Leistungsbild-Methode' (ILB-Methode). Die Trainingssteuerung erfolgt nach dem 5-Stufen-Modell (Diagnose - Zielsetzung - Trainingsplanung - Trainingsdurchführung - Analyse/Evaluation). Author: Kracht, Felix Publisher: GRIN Verlag Illustration: N Language: GER Title: Trainingsplanung nach der ILB-Methode: Fitnesstrainer B-Lizenz (BSA) Pages: 00031 (Encrypted PDF) On Sale: 2010-01-01 SKU-13/ISBN: 9783640722488 Category: Sports & Recreation : General

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