

# Trainingsplanung Und -steuerung Im Krafttraining Nach Der Ilb-methode - Michael Engl

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Das System der individuellen Leistungsbildmethode (ILB-Methode) ist eine sportwissenschaftlich anerkannte Trainingsmethode im Krafttraining. Der Inhalt des Buches beschreibt auf 46 Seiten die Möglichkeiten der Trainingsplanung und -steuerung im Krafttraining nach der ILB-Methode. Zur Verbesserung des individuellen Fitnesszustandes ist ein systematisch verfolgter Trainingsprozess unerlässlich. Dieser wird ausführlich anhand seiner Bausteine erläutert und in der Praxis im Selbstversuch angewandt. Ergänzt wird die textliche Darstellung durch zahlreiche Abbildungen, Tabellen und Literaturhinweise. Studienarbeit aus dem Jahr 2004 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1, - (BSA-Akademie), 8 Quellen im Literaturverzeichnis, Sprache: Deutsch. Author: Engl, Michael Publisher: GRIN Verlag Illustration: N Language: GER Title: Trainingsplanung und -steuerung im Krafttraining nach der ILB-Methode Pages: 00050 (Encrypted PDF) On Sale: 2004-01-01 SKU-13/ISBN: 9783638312639 Category: Sports & Recreation : General

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