

Hausarbeit Fitnesstrainer-b-lizenz: Trainingsplanung Nach Ilb - Michael Schæper

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Trainingsplanung nach der ILB-Methode für einen Kunden ohne spezifische Einschränkungen im Bereich Fortgeschrittener, spezielle Ziele Muskelaufbau und Reduzierung Körperfett. Author:

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