

Möglichkeiten Der Gewichtsreduktion - Franz Wegener

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In der vorliegenden Arbeit werden die Möglichkeiten der Veränderung der Körperzusammensetzung und des Fettabbaus aus trainingswissenschaftlicher bzw. sportmedizinischer Sicht behandelt. Neben einer theoretischen Betrachtung des Themas liegt ein besonderes Augenmerk auf der praktischen Anwendung der zusammengetragenen Erkenntnisse zur Gewichtsreduktion. Es werden Hinweise gegeben, worauf beim Abnehmen geachtet werden sollte und mit welchen Mitteln schnell Erfolge erzielt werden können. Author: Wegener, Franz Publisher: GRIN Verlag Illustration: N Language: GER Title: Möglichkeiten der Gewichtsreduktion Pages: 00019 (Encrypted PDF) On Sale: 2005-01-01 SKU-13/ISBN: 9783638352079 Category: Sports & Recreation : General

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