



# **Enzyklopädie Muskeltraining: Anatomie - Muskelaufbau - Fettabbau (German Edition)**

*Oscar Moran Esqerdo*

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Für wen ist dieses Buch gedacht?

Durch seine klare Darstellung: für Anfänger.

Durch seine Hilfe beim Überwinden toter Punkte und beim Ausmerzen von Fehlern: für Sportler mittleren Niveaus und Fortgeschrittene.

Durch seinen wissenschaftlichen Ansatz: für Ärzte und Physiotherapeuten.

Durch seine tiefgehenden Erklärungen: für Lehrer, Trainer und Übungsleiter.

Durch seine konstruktive Kritik an den Trainingsgeräten: für Besitzer von Fitnessstudios und Gerätehersteller.

Durch seine Vielseitigkeit: für Sportler aus allen Bereichen.

Durch seine Philosophie: für jeden, der seine Gesundheit schützen oder verbessern will.

Es handelt sich somit um eine umfassende Enzyklopädie des Muskeltrainings.

## Inhalt

- Mehr als 440 Muskelübungen, jeweils mit Grundübung und Varianten, darunter viele kaum bekannte und einige völlig neuartige Übungen; Erläuterung der korrekten Technik, der beanspruchten Muskeln und der Atmung, Hinweise für Anfänger und Fachleute, häufige Fehler usw.

- allgemeine Theorie des Muskeltrainings.

- Bezeichnungen der verwendeten Fachbegriffe.

- Anatomieteil zu den einzelnen Muskelgruppen

- Glossar der verwendeten Fachbegriffe.

- Erläuterung der Körper- und Muskelbewegungen zu jeder Muskelgruppe.

- Tabelle mit Prozentangaben und der jeweils angemessenen Anzahl an Wiederholungen.

- Tricks, Hilfen und Empfehlungen zum Überwinden toter Punkte im Training.
- Häufigste Verletzungen sowie ihre Vermeidung und Behandlung.

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