

WOMEN'S HEALTH Trainingsplan: Mobility - Beweglicher in 8 Wochen Women`s Health

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trainingsplan nur eine faszienrolle und eine erhöhung nötig 2 verschiedene workouts warm up 33 Übungen in bild und video 39 seiten pdf auf allen geräten abrufbar wie du endlich beweglicher wirst und den bewegungsspielraum deiner gelenke mit der hilfe deiner eigenen muskeln verbesserst ganz einfach mit einem ausgeklügelten und maximal zielgerichteten plan in diesem 8 wochen plan erwarten dich speziell konzipierte workouts um deine mobility auf ein neues level zu heben im detail stehen dir in den ersten 4 wochen des programms 3 trainingstage pro woche bevor an denen du stets ein warm up und ein workout absolvierst hast du ein solides fundament gelegt erhöhen wir in den wochen 5 bis 8 den anspruch heißt eine zusätzliche einheit sowie komplett neue Übungen warten auf dich entwickelt hat das programm fitness trainerin nina winkler als personal trainerin und fitnessautorin hat sie bereits über 40 bücher im bereich fitness wellness und reise geschrieben und zahlreiche online fitnessprogramme entwickelt seit einigen jahren bildet die mobility expertin yogalehrer aus und bietet sportliche yogaretreats an optisch längere und schlankere muskeln sowie eine technisch bessere bewegungsausführung unser gezieltes und strukturiertes 8 wochen programm führt dich zu einer nachhaltigen beweglichkeit haltungs korrektur inklusive also direkt durchstarten

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