



Product information

Authors: Christian Haase
Title: 50 Box-Übungen
Subtitle: Kartenset mit 50 Übungen für dein Crosstraining
Short text:

Compact workout cards in a box, comprising a collection of 50 exercises that are common to cross training. On the front, the exercises are described with the use of pictures; on the back, additional information is provided on workout effects, scaling options, and the muscles used. Convenient, easy to read and always at hand in the gym bag. Ideal as a reference between workouts or before a workout.

Categories: Guide Health & Medical Science

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Quintessenz Verlags-GmbH

 Ifenpfad 2-4
12107 Berlin
Germany

 +49 (0) 30 / 76180-5

 +49 (0) 30 / 76180-680

 info@quintessenz.de

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