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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