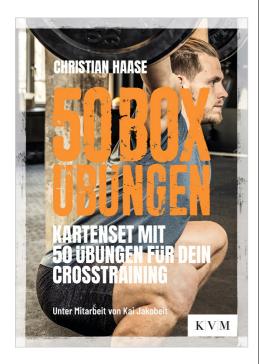
QUINTESSENCE PUBLISHING DEUTSCHLAND



Edition: 1st Edition 2022

pages: 57 Images: 120

Cover: 57 Karten, Format: 74 x 105 mm

ISBN: 978-3-86867-590-0

Stock No.: 30322 Published: April 2022

Price 12,80 €

Subject to changes!

Quintessenz Verlags-GmbH

- Ifenpfad 2-4 12107 Berlin Germany
- **J** +49 (0) 30 / 76180-5
- **1** +49 (0) 30 / 76180-680
- ☑ info@quintessenz.de
- https://www.quintessence-publishing.com/deu/de

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