



**Authors:** Peter Fischer  
**Title:** Rücken-Fit-Navi  
**Subtitle:** Exercises for the Spine  
**Short text:**

This book is the ideal companion for all those who want to independently identify and compensate for their back weaknesses with the help of simple and effective exercises. Many everyday back complaints can be treated and alleviated in this way. The exercises presented in the book are practical and can be done anywhere without special aids. Their level of difficulty can be varied, so all the exercises are suitable for beginners as well as advanced users. In addition, each exercise contains a test that makes the progress of the exercise visible and provides information on whether and how long it should be practiced. This enables targeted and thus effective, safe, and time-saving practice. A special highlight is the "Nav," a graphical representation of the human body, where the different body regions are marked with page numbers. This makes it possible to quickly and specifically look up the tests and exercises that are important for a particular problem area.

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