



# **Trainingssteuerung nach der ILB-Methode (Fitnessstrainer-B-Lizenz) (German Edition)**

*Steve Herrmann*

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Studienarbeit aus dem Jahr 2007 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: sehr gut (1), BSA-Akademie Saarbrücken (BSA Akademie), 0 Quellen im Literaturverzeichnis, Sprache: Deutsch, Abstract: Das Wesen der ILB-Methodik liegt in der individuellen Findung der in der weiteren Trainingsplanung verwendeten Trainingsintensitäten. So werden die Gewichte für die verschiedenen Übungen nicht anhand von Tabellen (siehe 1-RM), sondern anhand von im Vorfeld - je nach Trainingsziel - genau festgelegten Wiederholungszahlen und das für diese „maximal“ zu bewältigen Gewicht für den einzelnen Kunden - eben individuell - ermittelt.

Die vorliegende Hausarbeit befasst sich mit der Fitnesstrainer-B-Lizenz.

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