



# Das Hantel-Trainingsprogramm: Effektiver Muskelaufbau (German Edition)

*Wolfgang Mießner*

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## **Das Hantel-Trainingsprogramm: Effektiver Muskelaufbau (German Edition)** Wolfgang Mießner

Wolfgang Mießner ist überzeugt: Hanteltraining ist nicht nur für Body-BUILDER oder Leistungssportler geeignet. Auch Fitnesseinsteiger, Reha-Patienten, Body-Styler oder Rückengeplagte können von einem individuell geplanten Übungsprogramm profitieren. In seinem Buch "Das Hantel-Trainingsprogramm" erklärt der erfahrene Autor die richtige Gestaltung eines effektiven Trainings mit Gewichten.

Mießners Übungsprogramme dienen als Ideengeber für das eigene Training und beinhalten zu jeder Kraftübung immer auch Stretching- und Cool-Down-Methoden. Der Autor hilft so dem Leser, sein individuelles Training für den größtmöglichen Nutzen zu planen. Neben wissenschaftlichen und medizinischen Grundlagen des Hanteltrainings fließt in den Ratgeber auch die fundierte persönliche Erfahrung von Wolfgang Mießner ein. Ob zu Hause oder im Fitnessstudio: Das Hantel-Trainingsprogramm hilft Sportlern, ihre persönlich gesteckten Ziele in kurzer Zeit mit viel Spaß zu erreichen.

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