



# **Das Men's Health Workout ohne Geräte: Mehr Muskeln, mehr Ausdauer, mehr Power: fit durch Eigengewichtstraining! (German Edition)**

*Oliver Bertram*

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Schlank, stark & sexy – grenzenlos fit durch Eigengewichtstraining

Keine Zeit fürs Fitnessstudio? Keine Lust, sich unzählige Geräten anzuschaffen? Kein Problem! Denn jetzt gibt's »Das Men's Health Workout ohne Geräte«. Mit über 300 bebilderten Übungen, Hunderten von Varianten und vielen Intensivierungstechniken ist es das umfassendste Kompendium zum Eigengewichtstraining auf dem Markt! Damit kann MANN ein Leben lang trainieren – überall, auf engstem Raum, in kurzer Zeit. Ob Einsteiger, Fortgeschrittener oder Profi: Formen Sie Ihren Körper effektiv zu Hause, auf Reisen oder im Büro – nur mit dem eigenen Körpergewicht. Zeit, dass Sie was bewegen – und zwar sich selbst!

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