



CrossFit Powerworkouts: Intensivtraining für Kraft & Ausdauer (German Edition)

Marco Petrik

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Mit Kniebeugen, Kettlebells und Klimmzügen geht es mit großen Schritten in die Fitness-Zukunft. CrossFit heißt der neue Trend, der durch seine Vielzahl an Kombinationsmöglichkeiten begeistert. Das Training bietet enorme Abwechslung und trainiert den ganzen Körper. In seinem Buch "CrossFit® Powerworkouts" (BLV Buchverlag) zeigt Autor und Personal Trainer Marco Petrik das Baukastensystem aus Krafttraining, Gymnastik, Turnen und Athletiktraining.

Entgegen der allgemeinen Annahme ist CrossFit für alle Trainingsstufen geeignet. Einzig die Intensität muss dem Trainierenden angepasst werden. Mit dem achtwöchigen Trainingsplan kein Problem - dieser bietet den perfekten Start in die CrossFit-Karriere. Wie bei fast jeder Sportart benötigt ein CrossFit-Neuling eine kleine Grundausstattung. Diese reicht von Springseil bis Klimmzugstange und wird von Petrik genau erläutert. Die einzelnen Übungen wie das einfache Springseilspringen oder die Kettlebell Swings werden genau erklärt. Zusammen ergeben sie ein CrossFit-Workout, das den ganzen Körper effektiv trainiert.

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