



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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Summer McGaugh:

A lot of people always spent their own free time to vacation or even go to the outside with them family or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. In order to try to find a new activity that is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book you read you can spent all day every day to reading a publication. The book Trainingssteuerung nach der ILB-Methode (Fitnesstrainer-B-Lizenz) (German Edition) it doesn't matter what good to read. There are a lot of people that recommended this book. These were enjoying reading this book. Should you did not have enough space bringing this book you can buy the actual e-book. You can more quickly to read this book through your smart phone. The price is not to fund but this book possesses high quality.

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