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*Hollis Lance Liebmann*

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Regelmäßiger Sport trägt zu einem längeren und gesünderen Leben bei, ganz egal, wann man mit dem Training beginnt.

Dieses Buch hilft der Generation 50+, Beweglichkeit und Ausdauer zu steigern sowie die Haltung bzw. Ausrichtung des Körpers zu verbessern. Mithilfe einfacher Step-by-step-Anleitungen für das Training zu Hause und zahlreichen, verständlich dargestellten Abbildungen werden sich Best Ager fantastisch fühlen und auch so aussehen.

Wer jenseits der 50 noch nicht zum "alten Eisen" gehören und sich in seinem Körper wohlfühlen möchte, ist mit diesem Buch bestens gerüstet, um in Form zu kommen und auch zu bleiben.

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