



Body Basics: In 5 Schritten zu mehr Körperbeherrschung (German Edition)

Christian Zippel

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Ohne unseren Körper geht nichts. Sei es beim Krafttraining, Schwimmen, Tennis, Fußball oder Skifahren. Bei jeder Sportart und Fitness-Einheit ist Körperbeherrschung die Basis zum Erfolg.

Der Personaltrainer, Fitnessexperte und Doktor der Philosophie Christian Zippel zeigt, warum die Kraft in der Ruhe liegt und warum Stabilität die Mutter aller Bewegung ist. In fünf Schritten vermittelt er die Kunst der Körperbeherrschung, mit wertvollen Übungen für mehr Stil, Stärke und Stabilität.

1. AUFRICHTEN schafft Haltung
2. ATMEN schafft Inspiration
3. FOKUSSIEREN schafft Konzentration
4. STABILISIEREN schafft Stärke
5. VERSENKEN schafft Meditation

Ein Buch, das Körper und Geist zusammenschweißt. Kein Gegenstück zu anderen Trainingssystemen, kein weiterer Stein in der Mauer, sondern ein Fundament. Das Fundament aller Bewegung.

"Unabdingbar für alle, die mit ihrem Körper aktiv sind, sein Potenzial entfalten und seine Gesundheit bis ins hohe Alter erhalten wollen."

Dr. med. Michael Nehls (Experte für Zivilisationskrankheiten, Extremsportler und Bestseller-Autor)

Erschienen in der Edition "FaszinationFitness".

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