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Studienarbeit aus dem Jahr 2013 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1,2,

Deutsche Hochschule für Prävention und Gesundheitsmanagement GmbH, Sprache: Deutsch, Abstract:

Diese Arbeit beinhaltet eine Krafttestung und einen Trainingsplan für eine Kundin mit folgenden Zielen: 1. Muskelaufbau, 2. Kraftsteigerung, 3. Prävention über 6 Monate.

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