



Powertraining für Bauch und Beckenboden: 15-30-60-Minuten-Training (German Edition)

Nina Winkler

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15 – 30 – 60 Minuten: Die FIT-IN-TIME-Reihe wird fortgesetzt

Flacher Bauch, tolle Haltung, gesunder Rücken, trainierter Beckenboden – wer wünscht sich das nicht! Mit diesem innovativen Rundumprogramm von Nina Winkler geht der Wunsch in Erfüllung: Von den Grundlagen bis hin zum sinnlichen Beckenbodentraining bietet dieser Ratgeber alles, was man braucht, um Beckenpower, Muskelkraft und Beweglichkeit zu steigern. Denn dieses Basis-Workout setzt dort an, wo andere nicht hinkommen: an der Tiefenmuskulatur und am Beckenboden. Praktische, leicht verständliche Übungen – auch mit Matte, Ball oder Flexi-Bar – machen das Training besonders effektiv und Schummeln oder Fehler nahezu unmöglich. Toller Zusatznutzen: Man hat die Wahl zwischen 15-, 30- und 60-Minuten-Workouts – umsetzungsfreundlicher geht es nicht!

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