



# 50 Chancen auf mehr Erfolg in Bodybuilding und Fitness (German Edition)

*Markus Keller*

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Erfolg im Sport wertet die Freude am regelmäßigen Training entscheidend auf. Doch in der Praxis ist oft unklar, welche Vorgehensweisen vielversprechend sind. Dieses Buch sorgt für Klarheit, indem es den widersprüchlichen Ansichten, denen Athletinnen und Athleten im Alltag begegnen, aktuelle wissenschaftliche Erkenntnisse entgegenhält. In einer Sprache, die Sportler verstehen. Dabei vermitteln jeweils kurze Aufsätze kompaktes Profi-Wissen, das Trainierenden aller Leistungsstufen Nutzen bringt. Um auch den besonderen Ansprüchen von Trainern und Lehrenden zu entsprechen, werden die Inhalte mit Nennung der betreffenden wissenschaftlichen Quellen vorgetragen. Dieses Buch zeigt lohnende Vorgehensweisen auf und hilft richtige Entscheidungen zu treffen. Es unterstützt bei der Gestaltung von Trainings- und Ernährungsinhalten und ermöglicht es Trainierenden, mehr Muskelmasse aufzubauen und den Körperfettanteil leichter zu kontrollieren.

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