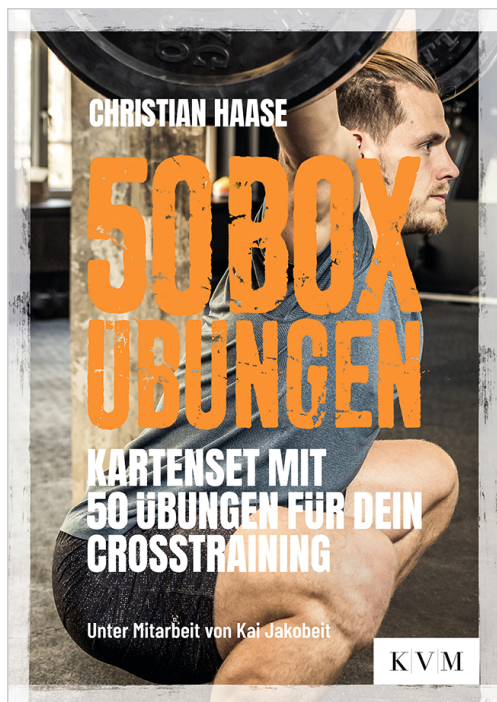


## Product information



**Authors:** Christian Haase  
**Title:** 50 Box-Übungen  
**Subtitle:** Kartenset mit 50 Übungen für dein Crosstraining

**Short text:**

Compact workout cards in a box, comprising a collection of 50 exercises that are common to cross training. On the front, the exercises are described with the use of pictures; on the back, additional information is provided on workout effects, scaling options, and the muscles used. Convenient, easy to read and always at hand in the gym bag. Ideal as a reference between workouts or before a workout.

**Categories:** Guide Health & Medical Science

**Edition:** 1st Edition 2022  
**pages:** 57  
**Images:** 120  
**Cover:** 57 Karten, Format: 74 x 105 mm  
**ISBN:** 978-3-86867-590-0  
**Stock No.:** 30322  
**Published:** April 2022

**Price**

12,80 €

Subject to changes!

### KVM - Der Medizinverlag

📍 Ifenpfad 2-4  
12107 Berlin  
Germany

☎ +49 (0) 30 / 76180-5

📠 +49 (0) 30 / 76180-680

✉ info@quintessenz.de

🌐 <http://nginx/kvm/de>