



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

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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