



Fatburning mit dem Core-Programm (German Edition)

Nina Winkler

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15, 30 und 60 Minuten: Workouts für jedes Zeitbudget

Um den Körper in Bestform zu bringen ist nichts so effektiv wie das Core-Training! Es setzt dort an, wo andere Workouts nicht wirken: Es trainiert die tief liegenden Muskelschichten und die Stützmuskulatur des Körpers und intensiviert so den Fatburner-Effekt. Durch das Training von ganzen Muskelketten statt einzelner, isolierter Muskeln gewinnt das Workout extrem an Qualität und Intensität. Das Core-Workout stärkt den Körper von innen heraus. Abgerundet wird das Trainingsprogramm durch Cardio-Einheiten, die ein ausgewogenes Training und eine optimale Fettverbrennung garantieren. Das 15-, 30- und 60-minütige Trainingsprogramm kann überall und jederzeit trainiert werden, denn Geräte oder Hilfsmittel sind dafür nicht erforderlich.

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