

TITLE INFORMATION

FITNESS

365 DAYS

by Markus Ertelt

CONTENT:

This comprehensive guide on gaining muscle supplies in-depth information on every aspect of efficient fitness training, starting with the appropriate mindset, basic knowledge on anatomy and musculature, however covering not only the perfect training schedule, but also describing different techniques and providing helpful information on supporting factors like sleep and nutrition.

The book presents not only a wealth of exercises to be performed with or without machines, but also detailed instructions on the proper execution of all exercises via QR codes, which is essentially helpful while training at home.

And so that enjoyment is not neglected besides the challenging workouts, the author has added his favourite and most tasty fitness recipes to be prepared at any time of the day.

The author, who is also known as an actor to German TV viewers, is engaged in parkour and freerunning for many years; in 2012 he founded the *Getting Tough Race*, a challenging parkour event in Southern Germany, which is known (among participants) as 'the hardest race in continental Europe'.



-Rights all available-

SPECIFICATIONS:

- 208 pages
- approx. 200 photographs
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