



# Fitnesstrainer-B-Lizenz. Trainingsplanung nach ILB (German Edition)

*Michael Schäper*

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**Fitnesstrainer-B-Lizenz. Trainingsplanung nach ILB (German Edition)** Michael Schäper  
Studienarbeit aus dem Jahr 2010 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1,0, BSA-Akademie Saarbrücken, Sprache: Deutsch, Abstract: Trainingsplanung nach der ILB-Methode für einen Kunden ohne spezifische Einschränkungen im Bereich Fortgeschrittener, spezielle Ziele Muskelaufbau und Reduzierung Körperfett.

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