



## Trainingsplanung Und -Steuerung Im Krafttraining Nach Der Ilb-Methode

By Michael Engl

Grin Verlag. Paperback. Condition: New. 56 pages. Dimensions: 8.1in. x 5.8in. x 0.2in. Studienarbeit aus dem Jahr 2004 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1, - (BSA-Akademie), 8 Quellen im Literaturverzeichnis, Sprache: Deutsch, Anmerkungen: Bewertung: Teil 1: Trainingslehre 40 von 40 Punkten, Teil 2: bungsanalyse 18 von 20 Punkten, mit 35 Abbildungen und Links zu Training und Anatomie , Abstract: Das System der individuellen Leistungsbildmethode (ILB-Methode) ist eine sportwissenschaftlich anerkannte Trainingsmethode im Krafttraining. Der Inhalt des Buches beschreibt auf 46 Seiten die Möglichkeiten der Trainingsplanung und -steuerung im Krafttraining nach der ILB-Methode. Zur Verbesserung des individuellen Fitnesszustandes ist ein systematisch verfolgter Trainingsprozess unerlässlich. Dieser wird ausführlich anhand seiner Bausteine erlutert und in der Praxis im Selbstversuch angewandt. Ergänzt wird die textliche Darstellung durch zahlreiche Abbildungen, Tabellen und Literaturhinweise. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



**READ ONLINE**  
[ 5.95 MB ]

### Reviews

*The best book i ever study. I could possibly comprehended every little thing out of this composed e ebook. I discovered this book from my dad and i advised this pdf to discover.*

-- **Ernie Lebsack**

*Comprehensive guide for pdf lovers. It generally is not going to charge too much. You may like just how the article writer write this book.*

-- **Neva Hammes MD**

## You May Also Like



### [Report from the Interior. Bericht aus dem Inneren, englische Ausgabe](#)

London Faber & Faber Apr 2014, 2014. Taschenbuch. Book Condition: Neu. 176x111x23 mm. Neuware - ' In the beginning, everything was alive. The smallest objects were endowed with beating hearts . . . ' Having recalled his life through the story of...



### [Boosting Your Pet's Self-Esteem: Or How to Have a Self-Actualized, Addiction-Free, Non-Co-Dependent Animal Companion](#)

Macmillan General Reference. PAPERBACK. Book Condition: New. 087605680X The book is brand new. For some reason, half of the very last page in the book is missing. It in no way affects the index of the book or any of the text....



### [Symphony No.2 Little Russian \(1880 Version\), Op.17: Study Score](#)

Petrucchi Library Press, United States, 2015. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Composed in 1872 and first performed in Moscow at the Russian Musica Society on February 7, 1873, Tchaikovsky...



### [Edge\] the collection stacks of children's literature: Chunhyang Qiuyun 1.2 --- Children's Literature 2004\(Chinese Edition\)](#)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date: 2005 Pages: 815 Publisher: the Chinese teenager Shop Books all book. the genuine special part of the spot...



### [The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up](#)

B&H Kids. Hardcover. Book Condition: New. Cory Jones (illustrator). Hardcover. 32 pages. Dimensions: 9.1in. x 7.2in. x 0.3in.Oh sure, well all heard the story of Jonah and the Whale a hundred times. But have we heard it from the perspective of the...



### [Read Write Inc. Phonics: Purple Set 2 Storybook 10 in the Bath](#)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 207 x 135 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 sounds. Each set...