

Die TB12-Methode



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Reviews

This written book is great. I am quite late in start reading this one, but better then never. You will not really feel monotony at at any moment of your time (that's what catalogues are for about when you check with me).
(Abe Reichel DDS)

DIE TB12-METHODE

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Riva Verlag Apr 2018, 2018. Taschenbuch. Condition: Neu. Neuware - Als Tom Brady 2017 mit 39 Jahren zum fünften Mal das Finale der US-amerikanischen National Football League gewann, kündigte er an, noch drei bis fünf Jahre weiterzuspielen. Dann wäre er 44! - Und American Football gilt zurecht als eine der härtesten Sportarten. Doch Tom ist ein Musterprofi, sein perfektes Training über das Mannschaftstraining hinaus, seine ideale Ernährung und mentale Stärke erlauben es dem 'gesündesten Champion der NFL' (The Washington Post), seinen Körper zu immer neuen Höchstleistungen zu treiben. Die TB12-Methode macht Toms persönlichen Ansatz deutlich und zeigt, wie wir alle langfristig fit bleiben können. Beweglichkeit nimmt hierbei eine besonders wichtige Stellung ein: Tom erklärt, warum sie so wichtig für ein gesundes Training und Leben ist, und präsentiert eine Vielzahl von Übungen für mehr Flexibilität und Mobilität. Hinzu kommen 36 Übungen für ein effektives Krafttraining ohne Gewichte, das den gesamten Körper in Form bringt. Abgerundet wird die TB12-Methode durch wichtige Tipps zur richtigen Ernährungsweise und Regeneration. Und natürlich schildert Tom seine eigenen Erfahrungen beim Training in Form von persönlichen Storys - ein Buch für Fitnessbegeisterte und Fans. 320 pp. Deutsch.

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