
Plyometrisches Training Effektive Iris Leister

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effekte von komplextraining auf kraft- und ... - effects of complex training on athletic performance
autoren m. lesinski 1 , t. muehlbauer 1 , d. büsch 2, 3 , u. granacher 1 institute 1 humanwissenschaftliche
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et al. maximal strength training improves running economy **diplomarbeit / diploma thesis - othes.univie** -
highly effective and injury preventing during an active lifestyle. this thesis starts with a short introduction
about strength training, muscle composition and finishes with the current state of knowledge about the
effectiveness and scope of strength training with children and adolescents. additionally, 12 selected studies
with 8-19 th years old subjects have been analyzed concerning their ...

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