

Johnnie's Workout

Gesund & schlank
mit dem Minitramp

SPRING DICH FIT!

BRUNNEN
Körper & Geist
1998

Spring Dich Fit Johannes Roschinsky

Die deutsche Nationalbibliothek



Spring Dich Fit Johannes Roschinsky:

Spring dich fit! Johannes Roschinsky, 2015-07-24 Springen auf dem Trampolin macht nicht nur Spaß, es fördert Koordination, Kraft, Ausdauer und Beweglichkeit gleichermaßen. Es bietet daher einen optimalen Ausgleich für alle sitzenden Tätigkeiten und regt nebenher in hohem Maße die Fettverbrennung an. Und der große Vorteil ist: Die Übungen können problemlos zu Hause durchgeführt werden. Alle, die sich der Schwerelosigkeit nicht entziehen können, finden hier neben Ausrüstungstipps zahlreiche Übungsvorschläge mit und ohne Zusatzgeräte. Außerdem werden Tipps gegeben, wie man durch Rebounding sein Gewicht gezielt reduzieren kann. Da das Training auf dem Minitramp besonders gelenkschonend ist, ist es auch in der Rehabilitation und bei Gelenk- und Rückenproblemen vielseitig einsetzbar. **Fit & gesund** Walter Brehm, Iris Pahmeier, Michael Tiemann, 2011 **Fitnessboxen** Andreas Riem, Michael Kleymann, 2012 *Jonglieren wie ein Profi* Luca Pferdenges, Joscha F. Westerkamp, 2022-10-31 Guinness Weltrekord Jongleur Luca Pferdenges erklärt Anfängern ebenso wie Fortgeschrittenen alles, was sie rund ums Jonglieren wissen müssen. Von den Grundlagen fürs Jonglieren mit drei Bällen über zahlreiche Tricks bis zur Jonglage mit vier und fünf Bällen. Er zeigt zudem, wie das gemeinsame Jonglieren mit zwei und mehr Personen das sogenannte Passen funktioniert. Es werden verschiedene Jonglierspiele vorgestellt sowie Grundkenntnisse im Jonglieren mit anderen Requisiten wie Ringen, Keulen, Diabolo, Teller, Devilstick und Rola-Bola vermittelt. Die anschaulichen Schritte für Schritt bzw. Wurf für Wurf-Anleitungen werden durch zahlreiche Fotos illustriert und durch Videos ergänzt. Als spannendes Add-on wirft das Buch einen allgemeinen Blick auf die Jonglage: Wie ist sie entstanden? Wie sieht die Zukunft aus? Könnte Jonglieren gar olympisch werden? Und Was sieht bei Zirkusshows stets beeindruckend aus, ist aber eigentlich total einfach. *Sport und Bewegung bei Diabetes* Ralf Kriegel, Johannes Roschinsky, 2009 *Börsenblatt*, 2005-04

Nackenaktivprogramm Klaus Müller, Annette Kreutzfeldt, Silke Becker, René Schwesig, Birgit Bosse, 2014-07-29 Gehen auch Sie zu den Menschen, die regelmäßig von Nacken, Schulter- und Kopfschmerzen betroffen sind? Leicht verständlich wird zunächst der Zusammenhang zwischen Beschwerden der Haltung und Fehlbelastungen und auch der Einfluss von Stress auf auftretende Schmerzen erläutert. Im umfassenden Praxisteil werden nahezu 100 Übungen und auch zur Entspannung der Nackenmuskulatur für die Augenmuskeln, für Zunge und Kaumuskulatur sowie Übungen zur Kräftigung vorgestellt. Auch Grundübungen für die Atmung und zur allgemeinen Muskelentspannung helfen bei Beschwerden. Ein weiteres Kapitel widmet sich den Themen Haltung und Bewegung. Abschließend werden Verfahren zum Stressabbau vom autogenen Training bis hin zur progressiven Muskelrelaxation angeboten. Ein Extrakapitel behandelt Übungen und Tipps zur Belastungsverminderung am Arbeitsplatz. Werden auch Sie aktiv für Ihre Gesundheit und ein Leben ohne Schmerzen? **Deutsche Nationalbibliografie** Die deutsche Nationalbibliothek, 2008 Deutsche Nationalbibliografie, 2005-07 *Beckenboden und Rücken in Balance* Katja Hambrecht, 2022-03-14 Rücken und Wirbelsäule sind wichtige Faktoren für die Gesunderhaltung des Körpers und der körperlichen Belastbarkeit. Die Beckenbodenmuskeln wirken im Becken liegend als Fundament des Rückens und sind bei allen körperlichen Aktivitäten aktiv. Ein schwacher Beckenboden kann zu Beschwerden führen, die von leichten Schmerzen bis hin zu schweren Problemen reichen. Die Autorin zeigt, wie Sie Ihren Beckenboden stärken und Ihre Haltung verbessern können. **Fit & gesund** Walter Brehm, Iris Pahmeier, Michael Tiemann, 2011

rperlichen Bewegungen muskul r stabilisierend oder entspannend beteiligt Selbst bei vermeintlich isolierten Bewegungen z B beim Sitzen am PC oder beim Beugen und Strecken eines Beins ist der Beckenboden involviert Becken Lendenwirbels ule und Iliosakralgelenk sind h ufig in Dysbalance Das Beckenbalancetraining mobilisiert das Iliosakralgelenk und die Beckenbeweglichkeit und verhilft so zu mehr Wohlbefinden Auch die Beweglichkeit der gesamten Wirbels ule wird verbessert Katja Hambrecht m chte mit ihrem Buch dazu anregen einen bewussten achtsamen Umgang mit sich und dem eigenen K rper zu erlangen und Verspannungen oder Schmerzen als Zeichen von berlastung anzuerkennen und umzuwandeln in eine positive schonende Selbstt tigkeit

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