KETTLER

Trainingsanleitung für Kraftstation MULTIGYM

Art. No.: 7752-600



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Kettler Multigym Manual

Olena Ovsiy

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The Manual Matt Thome, Jay DeMayo, Andrew White, Anthony Carney, Mike Thomson, Mike Dahlem, Kessa Kuyper, 2022 Fitness Discovery Series by Helen Olena Ovsiy, 2017-07-11 A specialized manual for Pilates Yoga Barre Group Fitness Instructors personal trainers and devoted students This book presents an enhancing fusion of light weight bearing Kettlebell Fitness blocks with core strengthening control and precision of Pilates principles and incorporation of basic Vinyasa Yoga Asanas with the purpose of creating a safe and effective workout

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