



Muskelaufbau für den Wohlfühlfaktor (German Edition)

Frank Kruff

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Neben der Wirkung des knöchernen Skeletts für das Erscheinungsbild menschlicher Körper, haben auch die Muskeln einen bedeutenden Anteil an der Ausformung einzelner Partien. Dabei sorgt die Unterfütterung der sichtbaren Haut mit Fettgewebe und Muskeln für die ganz persönlichen Proportionen und Wirkungen jedes einzelnen Menschen.

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