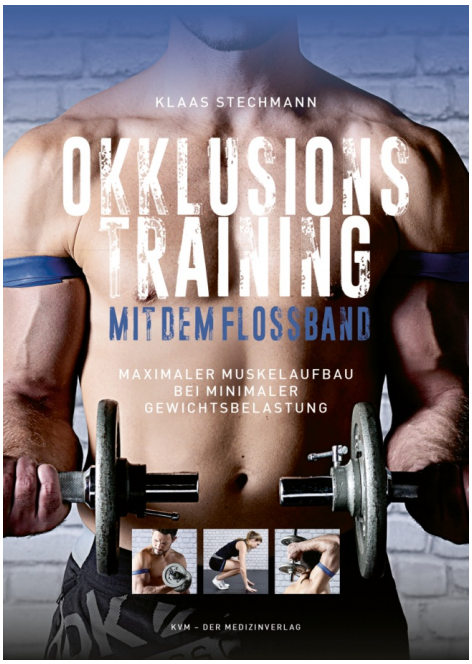
QUINTESSENCE PUBLISHING DEUTSCHLAND



Edition:	1st Edition 2017
pages:	140
Images:	180
Cover:	Softcover, 26 x 18,5 cm
ISBN:	978-3-86867-351-7
Stock No.:	30231
Published:	April 2017

Price 14,80 €

Subject to changes!

Quintessenz Verlags-GmbH

Ifenpfad 2-4
12107 Berlin
Germany

+49 (0) 30 / 76180-5

+49 (0) 30 / 76180-680

info@quintessenz.de

https://www.quintessence-publishing.com/deu/de

Book information

Authors: Klaas Stechmann

Title: Okklusionstraining mit dem Flossband

Subtitle: Maximum Muscle Development with Minimum Weight Load

Short text:

During occlusion training, blood supply and blood return are reduced in a controlled manner with the help of an elastic bandage, so that the muscles tire more quickly even with light weights. At the same time, all metabolic processes take place that normally only occur during maximum strength training with heavy weights. Thus, the muscle exhausts quite quickly and growth hormones are released, which provide muscle growth and more strength. The result is maximum muscle growth with minimum weight load. The amazing effects of occlusion training have been proven by studies for years, and it is very well suited for early training with a light load after injury, thus counteracting muscle degradation. Occlusion training is also an effective exercise program for those who do not want to train with heavy weights. Whether for strength training, for cardio sessions as intensive interval training, or after sustaining an injury, this book demonstrates how to use occlusion training safely and effectively.

Categories: Physiotherapy, Guide Health & Medical Science