

# INHALT

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06 | EVENTKALENDER

80 | LITERATURNACHWEISE

82 | IMPRESSUM / VORSCHAU



PILATES, REFORMER & LAGREE

## TRAINING

10 | **PILATES, REFORMER & LAGREE**

DEEP CORE VERSTEHEN, TRAINIEREN, ÜBERTRAGEN  
Valerie Kaufmann

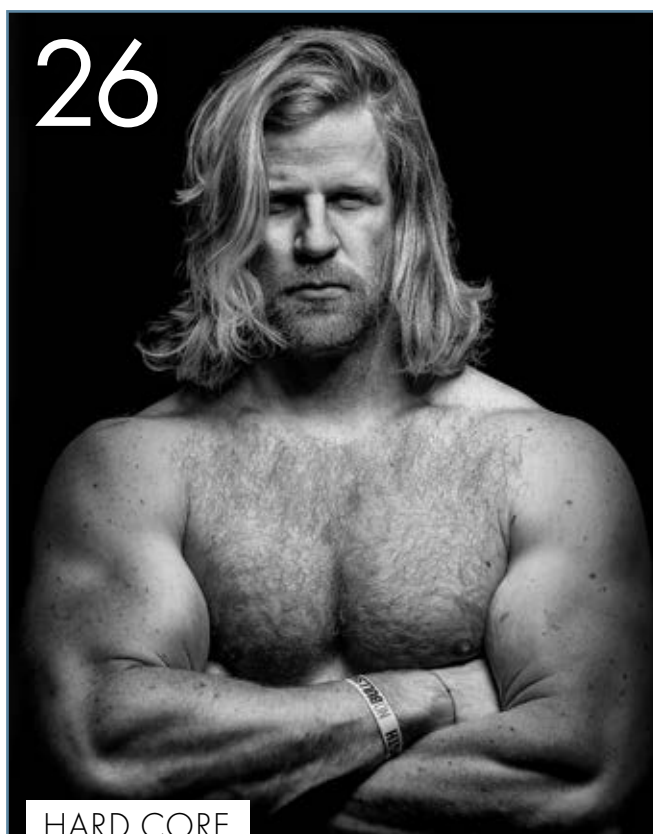
18 | **DIE WARM-UP REVOLUTION**

HYROX R.A.M.P. FRAMEWORK  
Ralph Wentz

26 | **HARD CORE**

BITTE GEHTS TRAINIEREN!  
Andreas Pürzel

36 | **SPECIAL: PERFORM BETTER**



HARD CORE

Fotos: Andreas Pürzel, Georgii - stock.adobe.com



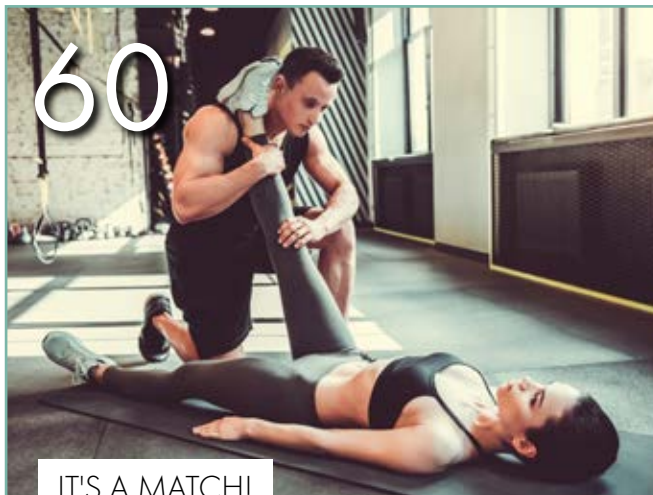
DIE 100 HYROX-CHALLENGE

## LIFESTYLE

### 46 | DIE 100 HYROX-CHALLENGE

Simon Gronau

### 54 | SPECIAL: VIRTUAGYM



IT'S A MATCH!

## KARRIERE

### 60 | IT'S A MATCH!

TRAINING TRIFFT THERAPIE

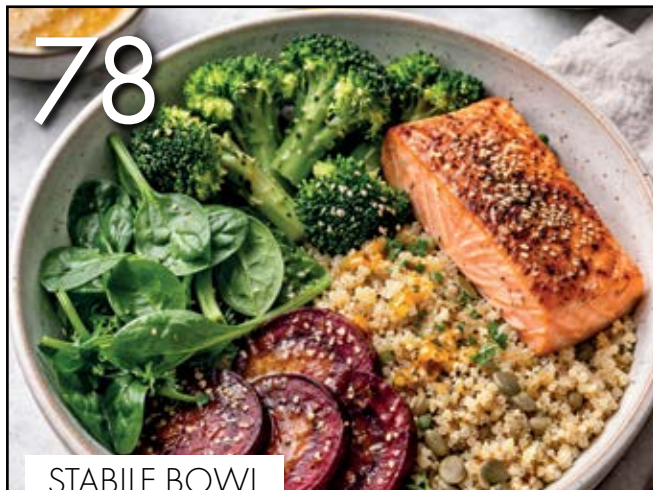
Interview Daniel Philipp

### 66 | SPECIAL: FIT+

### 70 | KRISENMANAGEMENT

3 TIPPS FÜR DEIN ERFOLGREICHES BUSINESS

Stefan Liebezeit



STABILE BOWL

## REZEPT

### 78 | FUNCTIONAL FOOD

STABILE BOWL