

Steffen Held/Ludwig Rappelt/Robert Rein/Jan-Philip Deutsch/Tim Wiedenmann/Lars Donath

5-WÖCHIGES RUDERTRAINING MIT NIEDRIGER INTENSITÄT UND BLUTFLUSSRESTRIKTION VERBESSERT VO₂MAX DES DEUTSCHLAND-ACHTERS

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Korrespondenzadresse

Prof. Dr. Steffen Held, Abteilung für Sport und Management, IST Hochschule für Management, Erkrather Straße 220, 40233 Düsseldorf
E-Mail: s.held@dshs-koeln.de