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Flavio Simonetti

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Flavio Simonetti – Breiter – Stärker – Muskulöser

Flavio Simonetti betreibt seit über 17 Jahren Krafttraining. Er startete als dünner, 56 kg leichter Anfänger.

Mittlerweile ist er lizensierter Personal-Trainer und Entwickler vieler Trainingssysteme. Als Deutschlands erster Fitness-Youtuber hat er mittlerweile über 39 Millionen Aufrufe und über 500.000 Fans auf Facebook.

Seine Videos, Artikel, Ansprachen und Podcasts werden weltweit von Chile über Indonesien, hin zu Kanada, Russland und Ghana konsumiert.

Seine Leidenschaft ist es, Kraftsportlern dabei zu helfen, charakterlich und körperlich stark zu werden und sie mit effektiven Trainingsmethoden beim Muskelaufbau zu unterstützen.

Dieses Buch liefert Antworten auf die 50 wichtigsten Fragen zu den Themen Muskelaufbau, Ernährung, Trainingsplanung, Kraftsteigerung und Erholung.

Es ist optimal für alle geeignet, die schnelle Antworten suchen, mit ihrer Figur unzufrieden sind und mehr aus ihrem Körper herausholen wollen.

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