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Ingo Froböse

［德］英格·弗洛伯斯 著
王婉卿 译

德国最畅销的肌肉训练手册

| 世界顶级运动专家英格·弗洛伯 | 德艺术力相结合时的完美结合 |
| 斯教你如何运动 | 随着你的韵律 |

德式无器械健身：你的身体就是最好的健身房

出版后记

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13.5 水对肌肉的作用

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13.4 最重要的营养素

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13.3 蛋白质：肌肉铸造师

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13.2 脂肪：必需而繁多

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13.1 碳水化合物：能量的供应者

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第十三章 主要营养物

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第四部分 肌肉需要营养

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12.7 减肥单元：第4—8周

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12.6 减肥单元：第1—3周

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第一部分 与肌肉有关的基础知识

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第一章 肌肉：什么使它们如此珍贵

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1.2 肌肉：我们新陈代谢的发动机

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1.3 肌肉生长少不了卡路里

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第二章 肌肉和肌肉纤维

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2.1 白肌纤维负责速度

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2.4 肌肉内部发生了什么

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2.5 被低估的肌膜

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第二部分 关于肌肉训练的一切

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第三章 肌肉训练的四种途径

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3.1 提高肌肉的协调能力

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3.2 加强区域性肌肉的耐久力

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3.3 肌肉增长

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3.4 高效地提高力量

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3.5 强度——训练量决定成功

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3.6 肌肉训练也需要休息

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3.8 小心过量：当肌肉开始疼痛时

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第三部分 练 习

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第四章 您是自己的个人教练

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4.1 用多变的练习来应对单调

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4.2 您应该以怎样的频率训练

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4.3 热身是很重要的

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第五章 前臂和上臂

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5.1 坐姿起桥

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5.2 双臂反屈伸

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5.3 钻石—俯卧撑（近距俯卧撑）

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5.5 带阻力的肱二头肌卷曲

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5.6 反举手臂

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5.8 负重臂弯举

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5.9 仰卧伸肘

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第六章 肩部和颈部

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6.1 点头转颈

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6.2 手臂旋转

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6.3 肩膊推举

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6.4 提肩

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6.5 强推2

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6.6 跪撑举臂

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6.7 拉伸手臂

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6.8 蹲姿上举

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6.9 拉伸颈部

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6.10 负重前平举和侧平举

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第七章 胸部和上背部

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7.1 肩部伸展

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7.2 俯身提背

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7.3 仰卧划船

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7.7 经典俯卧撑

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7.8 滑行俯卧撑

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7.9 高姿俯卧撑

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7.10 反向俯卧撑

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8.1 仰卧卷腹平衡式

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8.2 仰卧扭转卷腹平衡式

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For online documentation and support please refer to

8.3 长桥式

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

8.4 交叉式（仰卧交叉触膝）

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

8.5 屈膝卷腹

body {

width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

8.6 俯卧两头平举

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width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

8.7 反向卷腹

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

8.8 抱桌式

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

8.9 仰卧顶髋垂直举腿

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

8.10 转体触膝卷腹

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

8.11 仰卧灵活顶臀

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

8.12 俯卧两头起

body {

width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

8.13 转体平衡式

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width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

8.14 游泳式挺身

body {

width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

8.15 全伸展仰卧起坐

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width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

8.16 侧卧抬腿

body {

width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

8.17 腰部平衡式

body {

width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

8.18 仰卧抬腿

body {

width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

8.18 悬空坐姿

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

8.19 蹲姿双臂劈砍

body {

width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

8.20 游动眼镜蛇式

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width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

第九章 核心区训练

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

9.1 超人式

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width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

9.2 平板反撑抬腿

body {

width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

9.3 波比式

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width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

9.4 俯卧撑劈砍

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

9.5 蹲姿劈砍

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width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

9.6 平板支撑

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

9.7 核心肌群卧撑

body {

width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

9.8 腿部扭转

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

9.9 钢绳式（跪撑举臂抬腿）

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

9.10 大力侧卧卷腹

body {

width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

9.11 臀部扭转

body {

width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

9.12 正面抬腿

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

第十章 臀部和腿部

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.1 弓步压腿

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.2 单腿屈膝下蹲

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.3 单腿屈膝站起

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width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.4 坐姿直腿上提

body {

width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.5 仰卧抬起髋部

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width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.6 坐姿夹腿

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.7 站立提腿

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.8 腿弯举

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.9 跳上箱子或跳上台阶

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.10 侧弓步

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.11 相扑式下蹲

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width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.12 交替跳—弓步

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.13 臀部平衡式

body {

width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.14 跪撑侧抬腿

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width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.15 弓步前行

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font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.16 俯卧腿弯举

body {

width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.17 跪撑腿弯举

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width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.18 侧卧外侧抬腿

body {

width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.19 侧卧内侧抬腿

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width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.20 桥式髋部上抬

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.21 杰克式跳跃（开合跳）

body {

width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.22 高抬腿

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width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.23 向内—向外—转动

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.24 小腿后侧肌群训练

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.25 胫骨训练

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width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

10.26 脚跟及脚尖行走

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

第十一章 身体稳定性练习

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width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

11.1 单手侧支撑

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font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

11.2 蜘蛛式俯卧撑

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

11.3 交替单手俯卧撑

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

11.4 组合式单手侧支撑

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

11.5 手掌手肘交替俯卧撑

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

11.6 "跳起—下蹲"动作

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

11.7 登山者

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width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

11.8 爬行者

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width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

11.9 面壁徒手倒立

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width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

11.10 面壁倒立推举

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width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

11.11 单腿平衡式

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

11.12 平板支撑抬腿举臂

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

11.13 双手上下交错俯卧撑

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

11.14 超级单手侧支撑

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width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

11.15 蝎子式俯卧撑

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width: 35em;

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font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

第十二章 训练综合单元

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font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

12.1 迷你锻炼单元

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width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

12.2 一级健身单元

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width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

12.3 二级健身单元

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

12.4 塑身单元

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width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

12.5 背部锻炼单元

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

working. Further configuration is required.

For online documentation and support please refer to

12.6 减肥单元：第1—3周

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

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Welcome to tengine!

If you see this page, the tengine web server is successfully installed and

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For online documentation and support please refer to

12.7 减肥单元：第4—8周

body {

width: 35em;

margin: 0 auto;

font-family: Tahoma, Verdana, Arial, sans-serif;

}

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第四部分 肌肉需要营养

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第十三章 主要营养物

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13.1 碳水化合物：能量的供应者

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13.2 脂肪：必需而繁多

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13.3 蛋白质：肌肉铸造师

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13.4 最重要的营养素

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13.5 水对肌肉的作用

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