

DAS MUSKEL-WORKOUT

Über 100 bewährte Übungen ohne Geräte

中国出版集团

德式 无器械 健身

你的身体
就是最好的
健身房

Anger Frohlich

作者：[德] 安格·弗罗利希

译者：王健

德国最畅销的肌肉训练手册

世界首位连续多年获得“德国最佳健身书”称号的作者
为你量身打造健身计划

德式无器械健身让你的身体
成为你的健身房

北京联合出版公司

德式无器械健身：你的身体就是最好的健身房

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出版后记

```
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

13.5 水对肌肉的作用

```
body {  
  
width: 35em;  
  
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```

Welcome to tengine!

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For online documentation and support please refer to

13.4 最重要的营养素

```
body {  
  
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```

Welcome to tengine!

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For online documentation and support please refer to

13.3 蛋白质：肌肉铸造师

```
body {  
  
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```

Welcome to tengine!

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For online documentation and support please refer to

13.2 脂肪：必需而繁多

```
body {  
  
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}
```

Welcome to tengine!

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For online documentation and support please refer to

13.1 碳水化合物：能量的供应者

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

Welcome to tengine!

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For online documentation and support please refer to

第十三章 主要营养物

```
body {  
  
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margin: 0 auto;  
  
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```

Welcome to tengine!

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For online documentation and support please refer to

第四部分 肌肉需要营养

```
body {  
  
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Welcome to tengine!

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For online documentation and support please refer to

12.7 减肥单元：第4—8周

```
body {  
  
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font-family: Tahoma, Verdana, Arial, sans-serif;  
  
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```

Welcome to tengine!

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For online documentation and support please refer to

12.6 减肥单元：第1—3周

```
body {  
  
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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

12.5 背部锻炼单元

```
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

12.4 塑身单元

```
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

如何正确高效地训练

```
body {  
  
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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

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For online documentation and support please refer to

肌肉组织的四种适应性反应

```
body {  
  
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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

致读者

```
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

前言

```
body {  
  
width: 35em;  
  
margin: 0 auto;  
  
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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

第一部分 与肌肉有关的基础知识

```
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

第一章 肌肉： 什么使它们如此珍贵

```
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

1.1 复杂的共同运作

```
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

1.2 肌肉：我们新陈代谢的发动机

```
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

1.3 肌肉生长少不了卡路里

```
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

1.4 减轻体重变苗条

```
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

第二章 肌肉和肌肉纤维

```
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

2.1 白肌纤维负责速度

```
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

2.2 红肌纤维决定耐力

```
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

2.3 中间肌纤维

```
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

2.4 肌肉内部发生了什么

```
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

2.5 被低估的肌膜

```
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

第二部分 关于肌肉训练的一切

```
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

第三章 肌肉训练的四种途径

```
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

3.1 提高肌肉的协调能力

```
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

3.2 加强区域性肌肉的耐久力

```
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

3.3 肌肉增长

```
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

3.4 高效地提高力量

```
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

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For online documentation and support please refer to

3.5 强度——训练量决定成功

```
body {  
  
width: 35em;  
  
margin: 0 auto;  
  
font-family: Tahoma, Verdana, Arial, sans-serif;  
  
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working. Further configuration is required.

For online documentation and support please refer to

3.6 肌肉训练也需要休息

```
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

3.7 聪明地训练

```
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

3.8 小心过量：当肌肉开始疼痛时

```
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

第三部分 练习

```
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

第四章 您是自己的个人教练

```
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

4.1 用多变的练习来应对单调

```
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

4.2 您应该以怎样的频率训练

```
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

4.3 热身是很重要的

```
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

第五章 前臂和上臂

```
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

5.1 坐姿起桥

```
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

5.2 双臂反屈伸

```
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

5.3 钻石—俯卧撑（近距俯卧撑）

```
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

5.4 拉栏杆

```
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

5.5 带阻力的肱二头肌卷曲

```
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

5.6 反举手臂

```
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

5.7 强推1

```
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

5.8 负重臂弯举

```
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

5.9 仰卧伸肘

```
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

第六章 肩部和颈部

```
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

6.1 点头转颈

```
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

6.2 手臂旋转

```
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

6.3 肩膊推举

```
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

6.4 提 肩

```
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

6.5 强推2

```
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

6.6 跪撑举臂

```
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

6.7 拉伸手臂

```
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

6.8 蹲姿上举

```
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

6.9 拉伸颈部

```
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

6.10 负重前平举和侧平举

```
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

第七章 胸部和上背部

```
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

7.1 肩部伸展

```
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

7.2 俯身提背

```
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

7.3 仰卧划船

```
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

7.4 引体向上

```
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

7.5 擦窗式

```
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

7.6 划船式下拉

```
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

7.7 经典俯卧撑

```
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

7.8 滑行俯卧撑

```
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

7.9 高姿俯卧撑

```
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

7.10 反向俯卧撑

```
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

7.11 仰卧推举

```
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

第八章 腹部和下背部

```
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

8.1 仰卧卷腹平衡式

```
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

8.2 仰卧扭转卷腹平衡式

```
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

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;  
  
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

8.6 俯卧两头平举

```
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

8.7 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 仰卧顶髌垂直举腿

```
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;  
  
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

8.13 转体平衡式

```
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

8.14 游泳式挺身

```
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

8.15 全伸展仰卧起坐

```
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

8.16 侧卧抬腿

```
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

8.17 腰部平衡式

```
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

8.18 仰卧抬腿

```
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

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;  
  
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

8.20 游动眼镜蛇式

```
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

第九章 核心区训练

```
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

9.1 超人式

```
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

9.2 平板反撑抬腿

```
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

9.3 波比式

```
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

9.4 俯卧撑劈砍

```
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

9.5 蹲姿劈砍

```
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

9.6 平板支撑

```
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

9.7 核心肌群卧撑

```
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

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;  
  
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

9.11 臀部扭转

```
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

9.12 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

```
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

10.1 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

```
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

10.4 坐姿直腿上提

```
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

10.5 仰卧抬起髋部

```
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

10.6 坐姿夹腿

```
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

10.7 站立提腿

```
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

10.8 腿弯举

```
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

10.9 跳上箱子或跳上台阶

```
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

10.10 侧弓步

```
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

10.11 相扑式下蹲

```
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

10.12 交替跳—弓步

```
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

10.13 臀部平衡式

```
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

10.14 跪撑侧抬腿

```
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

10.15 弓步前行

```
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

10.16 俯卧腿弯举

```
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

10.17 跪撑腿弯举

```
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

10.18 侧卧外侧抬腿

```
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

10.19 侧卧内侧抬腿

```
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

10.20 桥式腕部上抬

```
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

10.21 杰克式跳跃（开合跳）

```
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

10.22 高抬腿

```
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

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;  
  
}
```

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

```
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

10.26 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

```
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

11.1 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

11.2 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;  
  
}
```

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;  
  
}
```

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

```
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

11.8 爬行者

```
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

11.9 面壁徒手倒立

```
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

11.10 面壁倒立推举

```
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

11.11 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

```
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

11.15 蝎子式俯卧撑

```
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

第十二章 训练综合单元

```
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

12.1 迷你锻炼单元

```
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

12.2 一级健身单元

```
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

12.3 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

```
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

12.5 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;  
  
}
```

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

12.7 减肥单元：第4—8周

```
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

第四部分 肌肉需要营养

```
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

第十三章 主要营养物

```
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

13.1 碳水化合物：能量的供应者

```
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

13.2 脂肪：必需而繁多

```
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

13.3 蛋白质：肌肉铸造师

```
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

13.4 最重要的营养素

```
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

13.5 水对肌肉的作用

```
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

出版后记

```
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