

# QUELLEN

## BODY

### Effektive Regeneration: Restdays im Kraftsport gezielt nutzen

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Clinical Trial; J Strength Cond Res 2005 Aug;19(3):689-97. doi: 10.1519/R-15574.1.; Moderate resistance training volume produces more favorable strength gains than high or low volumes during a short-term training cycle; Juan J González-Badillo 1 , Esteban M Gorostiaga, Raúl Alarano, Mikel Izquierdo; Affiliations; PMID: 16095427; DOI: 10.1519/R-15574.1
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- 9 <https://elementssystem.com/wp-content/uploads/2018/04/schoenfeld-frequency.pdf>  
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- 10 <https://physoc.onlinelibrary.wiley.com/doi/full/10.1113/jphysiol.2005.093690>  
Olesen, J.; Miller, B.; Hansen, M., Dossing, S.; et al.: Coordinated collagen; and muscle protein synthesis in human patella tendon and quadriceps muscle after exercise. First published: 12 September 2005.
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Front Nutr. 2019; 6: 131.; Published online 2019 Aug 20. doi: 10.3389/fnut.2019.00131; PMID: PMC6710320; PMID: 31482093; Is an Energy Surplus Required to Maximize Skeletal Muscle Hypertrophy Associated With Resistance Training; Gary John Slater, Brad P. Dieter, Damian James Marsh, Eric Russell Helms, Gregory Shaw, and Juma Iraki
- 12 <https://de.wikipedia.org/wiki/Proteinbiosynthese> (Stand Juli 2020)
- 13 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6142015/>  
Front Nutr. 2018; 5: 83.; Published online 2018 Sep 11. doi: 10.3389/fnut.2018.00083; PMID: PMC6142015; PMID: 30255023; Effects of Protein Supplementation on Performance and Recovery in Resistance and Endurance Training; Harry P. Cintineo, Michelle A. Arent, Jose Antonio and Shawn M. Arent
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J Physiol. 2018 Sep 15; 596(18): 4413–4426.; Published online 2018 Aug 12. doi: 10.1113/JP275308; PMID: PMC6138296; PMID: 30099751; A cellular mechanism of muscle memory facilitates mitochondrial remodelling following resistance training; Hojun Lee, Kijeong Kim, 7 Boa Kim, Junchul Shin, Sudarsan Rajan, Jingwei Wu, Xiongwen Chen, Michael D. Brown, Sukho Lee, and Joon-Young Park

### Grundübungen im Fokus: Die häufigsten Fehler beim Kreuzheben

Häufige Gesundheitliche Beschwerden von Schülern

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- 2 <https://de.statista.com/statistik/daten/studie/160411/umfrage/kinderaerzte-ursachen-von-rueckenschmerzen-bei-schulkindern/>  
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- 3 <https://de.statista.com/infografik/8488/rueckenschmerzen-in-deutschland/>  
DAK Gesundheitsreport 2019;
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Anatomische Beschreibung von Muskeln und Knochen im Hüftbereich:

- 5 [https://www.imaio.com/de/imsearch/search/\(category\)/human/\(type\)/anatomical-parts?SearchText=hip](https://www.imaio.com/de/imsearch/search/(category)/human/(type)/anatomical-parts?SearchText=hip)  
Anatomische Beschreibung von Muskeln und Knochen der Beine:
- 6 [https://www.imaio.com/de/imsearch/search/\(category\)/human/\(type\)/anatomical-parts?SearchText=leg](https://www.imaio.com/de/imsearch/search/(category)/human/(type)/anatomical-parts?SearchText=leg)  
Beschreibung und Funktion des Plattensehnenmuskels:
- 7 <https://www.imaio.com/de/e-Anatomy/Anatomische-Strukturen/Plattensehnenmuskul-Verletzungen-und-Probleme-beim-Uebungen-des-Kraftdreikampfes-Deadlift>.
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### (Bodyweight)-HIIT-Training: Chancen und Grenzen für Kraft, Ausdauer und Fettverbrennung

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### Hormongesteuert: So regulieren Hormone Fettgewebe, Hunger und den Appetit

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## NUTRITION

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**Supplements im Science-Check:  
Die Wirkung von Fatburnern**

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**Focused: Maximale Konzentration dank der Neurowissenschaft**

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**Zwanghaft fit: Wann ist die Leidenschaft zu groß?**

1 Szabo, Attila Et al. (2012)

2 Gross, Werner (2003)

3 De Coverley Veale, D. M. W. (1987)

4 Ziemainz H. (2013) Et al.

5 Veale (1995)

6 Schack, Thomas (2000)

7 Ziemainz H. (2013) Et al.

8 Breuer, Simone & Kleinert, Jens (2009)

9 Hoffman, Svenja (2016)

10 Felchner, Carola (2020)

11 Bette, Karl-Heinz & Gugutzer, Robert (2012)

12 Szabo, Attila (2010)

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14 Hausenblas & Symons Downs (2002)

15 Breuer & Kleinert (2009)

16 Veale (1987)

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18 Hausenblas & Symons Downs (2002)

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21 Felchner, Carola (2020)

22 Breuer & Kleinert (2009)

23 Heinen, Thomas und Walter, Nadja (2020)



**Beruhigung statt Beschleunigung: Was kann CBD?**

1 <https://www.aerzteblatt.de/nachrichten/88835/Cannabidiol-vermeidet-Anfaelle-bei-Lennox-Gastaut-Syndrom>

2 <https://pubmed.ncbi.nlm.nih.gov/25935511/>

3 <https://pubmed.ncbi.nlm.nih.gov/30955420/>

4 <https://pubmed.ncbi.nlm.nih.gov/29241357/>

5 <https://www.aerzteblatt.de/archiv/127598/Das-therapeutische-Potenzial-von-Cannabis-und-Cannabinoiden>

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13 <https://pubmed.ncbi.nlm.nih.gov/31711352/>

14 <https://pubmed.ncbi.nlm.nih.gov/30152161/>

**Mythen-Barometer: Mehr Fettverlust dank Low Carb?!**

1 <https://pubmed.ncbi.nlm.nih.gov/26192936>