

MAX WORKOUTS

Can Shin Ohtake's High Intensity
Fitness Program get you lean and
ripped in 30 minute sessions?



Shin Ohtake Max Workouts

Jochen Röpke

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Shin Ohtake Max Workouts:

Der biologische Unternehmer Jochen Röpke, 2015-04-10 Wir schreiben über einen altbekannten Zusammenhang jedoch in einer neuen Sichtweise Der biologische Unternehmer ist unsere Konstruktion Wir beschreiben das Alltägliche Der biologische ist der Unternehmer seines Körpers Er ist Eigentümer seines Körpers Er gestaltet irritiert manipuliert steuert seinen Körper für gut ihm Schaden zu macht ihm Körper erfreut ihn Alles ist in seiner Hand Er ist Investor in seine Gesundheit Er kann seinen Körper noch nicht neukombinieren Er ist persönlich verantwortlich für ihn Er hat sogar sein Altern den Abbau seiner Funktionstätigkeit unter Kontrolle in Grenzen Diese Grenzen gilt es zu erkunden und unternehmerisch zu gestalten

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