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Le Programme Complet de Formation D Endurance Pour Le Football: Developper La Puissance, La Vitesse, La Flexibilite Et La Resistance Grace a la Formation de L Endurance Et a la Nutrition (Paperback)

By Correa (Athlete Professionnel Et Entraîn

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: French . Brand New Book ***** Print on Demand *****.Le Programme Complet De Formation D Endurance Pour Le Football: Developper La Puissance, La Vitesse, La Flexibilite Et La Resistance Grace A La Formation De L endurance Et A La Nutrition Ce programme d entrainement changera votre facon de vous voir et de vous sentir. Si vous suivez le programme vous devriez voir de grands resultats au bout des 30 jours mais vous ne devez pas vous arreter la. Tant une version NORMALE qu une version INTENSIVE de ce programme de formation sont inclus pour s assurer que vous etes assez motives pour provoquer un changement significatif sur votre corps. Les recettes incluses sont specifiques a chaque moment de la journee mais vous pouvez, et vous devez, ajouter un repas ici et la selon les besoins de votre corps. Dans ce programme d entrainement vous trouverez une session importante et une routine d exercice, assurez-vous de ne pas rater la premiere pour rester exempt de blessures afin de pouvoir terminer le programme. De plus, ce programme de formation resout le dilemme alimentaire en donnant beaucoup d options en termes de nutrition. Il...



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