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## EXTRAORDINAERES VEGANES MMA: KOMPLETT MIT 100 MMA WORKOUTS UND VEGANEN ERNAEHRUNGSPAENEN (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: German . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. AUSSERORDENTLICHES VEGANES MMA HILFT IHNEN, DER BESTE KAMPFER ZU WERDEN, DER SIE WERDEN KONNEN. Keine nutzlosen Bilder oder langweilige Erklarungen, nur die besten Workouts und Ernährung, um Sie zur ultimativen Version Ihrer selbst werden zu lassen. 100 benutzerfreundliche MMA Workouts die Ihnen helfen werden: -Sich schneller zu bewegen -Harter zuzuschlagen -Muskelmasse zu gewinnen - Muskeldefinitionen zu verbessern -Ihren Metabolismus zu verbessern -Korperfett zu verbrennen -Ihren Kern zu starken -Den Körper zu bekommen, von dem Sie immer getraut haben Um diese groartigen Workouts zu erganzen, haben Sie 100 Tage vegane Mahlzeiten. Eine vegane Ernährung ist groartig, um Muskelermungung, Entzündungen zu verhindern und verbessert Ihre allgemeine Gesundheit. Jeder Tag beinhaltet ein veganes Fruhstuck, Mittagessen, Abendessen und Snacks. Dazu gehort eine Ernährungsaufdroselung, wie viel Fett, Eiwei, Kohlenhydrate, Ballaststoffe und Kalorien Sie verbrauchen. tags: muay thai, ufc, jeet kune do, karate, taekwondo, boxing, kickboxing, jiu jitsu, bjj, tapped out, mma news, hapkido, aikido, ju jitsu, brazilian jiu jitsu, ultimate fighting championship, gracie barra, mma training, mma gym, tap out, sprawl, grappling, kung fu, judo, wing tsun, iaido.



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