



60 Jours Pour Votre Ultime Football: Un Guide Complet de Formation Et de Nutrition Pour Devenir Plus Fort, Plus Rapide Et Puissant (Paperback)

By Mariana Correa

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: French . Brand New Book ***** Print on Demand *****. 60 JOURS POUR VOTRE ULTIME FOOTBALL est le meilleur livre possible pour ameliorer votre vitesse, votre force, avoir une meilleure sante et avoir les clés d'une bonne nutrition en seulement deux mois. Avec des journées d'entraînements détaillées chaque jour, vous vous sentirez mieux. Toute personne peut devenir le meilleur, il faut beaucoup de travail acharné et de dévouement, et un bon programme d'entraînement. Ce guide d'entraînement est complet, apprenez à faire un bon échauffement, faites des exercices spécifiques, des exercices de pliométrie, d'abdominaux, des étirements et obtenez des conseils pour réaliser un excellent Football. Garder votre corps en forme, solide et sans blessure. La nutrition fait partie de tout programme d'entraînement, rappelez-vous lorsque vous pensez avoir terminé votre entraînement, vous ne l'avez pas tout à fait terminé, du moins pas jusqu'à ce que vous ayez mangé les nutriments nécessaires pour votre corps. Vous trouverez ci-joint un chapitre complet avec 50 recettes Paleo pour chaque moment de la journée, qui permettront à votre corps de vous reconstituer entièrement pour être prêt lors...



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