

Le Programme Complet de Formation D Endurance Pour La Boxe: Augmenter La Puissance, La Vitesse, L Agilite Et La Resistance Grace a la Formation de L Endurance Et a la Nutrition (Paperback)



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Reviews

This sort of publication is almost everything and taught me to hunting forward and much more. Yes, it is actually play, continue to an amazing and interesting literature. I am pleased to tell you that this is basically the best book we have read through inside my individual life and could be he finest book for ever.

(Enrique Ritchie Sr.)

LE PROGRAMME COMPLET DE FORMATION D ENDURANCE POUR LA BOXE: AUGMENTER LA PUISSANCE, LA VITESSE, L AGILITE ET LA RESISTANCE GRACE A LA FORMATION DE L ENDURANCE ET A LA NUTRITION (PAPERBACK)



Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: French . Brand New Book ***** Print on Demand *****. Le Programme Complet De Formation D Endurance Pour La Boxe: Augmenter La Puissance, La Vitesse, L agile 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 inclut un petitdejeuner delieux, un dejeuner, un diner et des recettes de dessert, donc vous pouvez satisfaire votre faim et toujours manger sainement. Un chapitre entier dans ce livre est consacre aux recettes de shakes pour les muscles pour vous aider a absorber entierement autant de proteines que possible d une facon saine, mais assurez-vous de boire beaucoup d eau pour aider votre corps a digerer toutes ces proteines en proportions adequates. N importe qui peut parvenir a etre en meilleure forme, devenir plus mince et plus fort, cela ne necessite que de la discipline et un bon programme...



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