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Running (Spanish Edition)

By Florence Heimbürger

Urano. Paperback. Condition: New. 64 pages. Este pequeño cuaderno de ejercicios está destinado a todas las mujeres que quieren disfrutar del running, ya sea que busquen completar una pequeña carrera, correr 10 kilómetros o terminar una maratón. Los ejercicios están pensados para adaptarse a cualquier nivel y están llenos de consejos para entrenar y mejorar progresivamente. Incluye también los mejores planes de nutrición para adelgazar más rápido y afinar tu silueta a la vez que despejas tu mente, lo que te permitirá enfrentarte a nuevos desafíos. This little workbook is meant for all women who want to enjoy running, whether they are looking to complete a small race, run 10 kilometers or finish a marathon. The exercises are designed to fit any level and are full of tips to train and improve progressively. It also includes the best nutrition plans to lose weight faster and sharpen your figure while clearing your mind, which will allow you to face new challenges. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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