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M Lipman



Fitness La Guida Completa Usato:

Guida completa al TRX® Suspension Training Jay Dawes, 2019-07-31 Il Suspension Training efficace per il miglioramento della forza della stabilità del core della flessibilità e dell'equilibrio Utilizzato da molti atleti professionisti e dai campioni di ogni disciplina il Suspension Training diventato una componente essenziale di qualsiasi programma di allenamento In questo libro il maggior esperto di Suspension Training condivide i migliori esercizi e programmi di allenamento La Guida completa al TRX Suspension Training del noto preparatore atletico Jay Dawes probabilmente la più autorevole guida all'utilizzo del TRX attualmente in commercio Gli esercizi e i consigli presentati in questo libro ti consentiranno di perfezionare l'allenamento raggiungendo livelli sempre più elevati di preparazione fisica e atletica La Guida completa al TRX Suspension Training include le istruzioni dettagliate per svolgere 117 esercizi con foto variazioni e raccomandazioni per la sicurezza Imparerai a sviluppare la forza la flessibilità la stabilità del core e l'equilibrio attraverso l'utilizzo del Suspension Trainer Questa guida ti permetterà di massimizzare l'efficacia del tuo allenamento in palestra a casa o in viaggio Gli oltre 31 programmi di allenamento risponderanno a qualsiasi tua esigenza di allenamento Se stai cercando il meglio in termini di efficacia dell'allenamento questa la guida che fa per te Scopri perché milioni di atleti considerano il Suspension Training una parte fondamentale della propria preparazione *Digital branding* Daniel

Rowles, 2023-10-26 T00:00:00+02:00 640 42

Come Perdere il Grasso della Pancia In italiano/ How To Lose Belly Fat In Italian: Una Guida Completa per Perdere Peso e Raggiungere una Pancia Piatta Charlie Mason, 2021-05-24

Come Perdere il Grasso della Pancia una Guida Completa per Perdere Peso e Raggiungere una Pancia Piatta il vostro sportello unico per raggiungere il corpo dei vostri sogni Prendete questo libro passo dopo passo e permettetegli di educare sul perché gli esseri umani hanno un momento difficile perdere il grasso della pancia e come combattere le voglie e la mancanza di motivazione che vengono con i piani di perdita di peso tipica Questa guida completa suddivide i componenti della sabbatura del grasso della pancia in modo semplice e facile da capire Questo libro vi insegnerà il modo migliore per mangiare in modo sano per diventare attivi e prepararvi mentalmente a bruciare i grassi e a rimettersi in forma Acquisirete una profonda comprensione di come il corpo umano interagisce con il cibo che mangiamo come influenzare il vostro metabolismo come tonificare il vostro corpo rafforzare il vostro nucleo e guadagnare più energia di quanta ne abbiate mai avuta Se siete pronti a iniziare la trasformazione in cui siete sempre stati destinati allora siete nel posto giusto All'interno troverete Una guida completa e facile da seguire per perdere il grasso della pancia ottenere la salute e mettersi in forma Una profonda comprensione di come bruciare il grasso della pancia Il modo migliore per affrontare il grasso della pancia in modo da poter avere una vita magra Una guida completa su quali alimenti mangiare per bruciare i grassi Una guida completa su quali alimenti vi impediranno di perdere il grasso della pancia Cosa si può bere per aumentare il metabolismo Quali bevande dovrete evitare mentre vi mettete in forma Una profonda comprensione di come il corpo elabora il cibo che mangiamo Una

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