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## IL METODO BUTTERFLY



Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 224 x 148 mm. Language: Italian . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Un piano di allenamento specifico di 12 settimane con schede di allenamento che ti spiegheranno come allenarti efficacemente a casa. COSA DICONO DEL METODO BUTTERFLY: Ciao luca sono Francesca: ) volevo dirti che mi sono liberata della fame nervosa e dell'ansia, mi sono iscritta in palestra per socializzare un po e mi hanno fatto...

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- Authored by MR Luca Grisendi
- Released at 2013



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