

Il Metodo Butterfly



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Reviews

The ebook is straightforward in go through preferable to recognize. It typically does not charge too much. Its been designed in an exceptionally straightforward way and it is just following i finished reading this book where basically altered me, affect the way i really believe.

(Dr. Reta Murphy)

IL METODO BUTTERFLY



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----- Ciao a tutti ragazzi! Vi voglio dire che girando sul web ne ho letto di tutti i colori, chi dice di allenarsi 5-6 volte a settimana chi di allenarsi una sola volta a settimana con gli esercizi base e chi dice di mangiare come un pazzo per poi mangiare come un anoressico per dimagrire. Dopo un anno di palestra nel quale mi sono allenato tutti i giorni e mangiato come un anoressico o come un pazzo, ho trovato su Youtube un canale chiamato Luca Grisendi che mi ha dato una nuova mentalita' riguardo all'allenamento e all'alimentazione e devo dire che mi sono trovato benissimo! Consiglio quindi a chiunque di farsi seguire da Luca poiche' e' sempre disponibile e cordiale! Infine un consiglio generale a tutti: non vedete l'allenamento o la dieta come una cosa forzata ma come uno stile di vita. Riccardo C. -----

Vincenzo Sammaritano Volevo lasciare un commento riguardo...



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