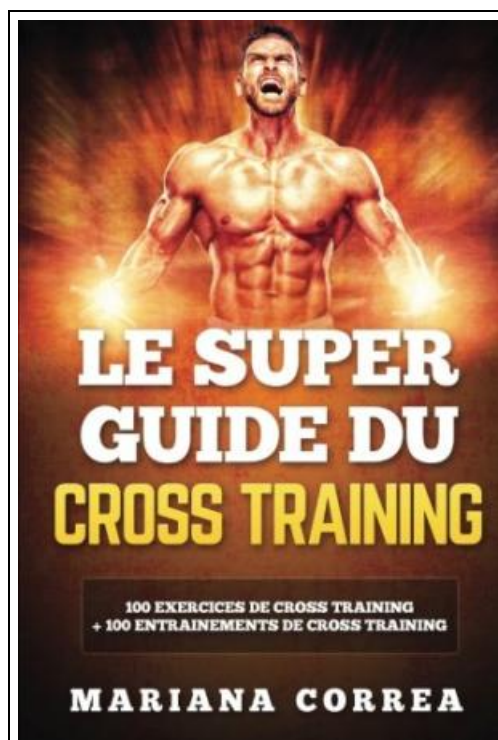


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Reviews

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LE SUPER GUIDE DU CROSS TRAINING: 100 EXERCICES DE CROSS TRAINING + 100 ENTRAINEMENTS DE CROSS TRAINING (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: French . Brand New Book ***** Print on Demand *****.Le Super Guide du Cross Training est le plus complet que vous puissiez trouver pour atteindre vos objectifs de fitness. Vous y trouverez des series d entrainements et d exercices destines a vous faire gagner du muscle et perdre de la graisse; en les suivant regulierement, vous serez dans une forme olympique. Une alimentation equilibree est essentielle pour reussir, vous trouverez donc aussi 50 recettes Paleo qui completeront vos entrainements. Avec ses 100 intenses entrainements quotidiens, ce livre va vous aider a booster vos performances et a repousser vos limites; il fera de vous le meilleur crossfitter que vous puissiez etre. Le Cross Training est un sport revolutionnaire qui met le corps au defi de diverses manieres, pour le rendre plus fort, plus sain, plus en forme et plus rapide, en resume, pour le faire passer au niveau superieur. Rien d etonnant a ce que le Cross Training soit devenu la methode d entrainements des forces speciales, des militaires et de centaines d athletes professionnel a travers le monde. L auteur, Mariana Correa, est une ancienne sportive professionnelle et une nutritionniste sportive qualifiee qui a participe avec succes a des competitions partout dans le monde. Elle partage ici ses annees d experience en tant que sportive et en tant que coach, apportant ainsi une precieuse perspective. La vie est temporaire, le corps est temporaire, mais tant que je suis la je veux en profiter autant que possible. Rich Froning - 5 fois champion des CrossFit Games.



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