

Método 3 x 10 El sistema definitivo para perder peso



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Reviews

*This is basically the very best publication i actually have go through until now. It really is loaded with knowledge and wisdom I realized this publication from my i and dad encouraged this publication to discover.
(Bryana Klocko III)*

MÉTODO 3 X 10 EL SISTEMA DEFINITIVO PARA PERDER PESO



CUPULA (LIBROS CUPULA), 2011. Condition: Nuevo. Néstor Serra, preparador físico en «Operación Triunfo» y formador de entrenadores personales, propone un revolucionario método de entrenamiento para ponerte en forma y perder peso. Se trata del método 3x10: tres entrenamientos semanales a los que sólo tendrás que dedicar treinta minutos, durante diez semanas, con tres niveles de dificultad. Además, te ofrece las herramientas necesarias para motivarte a seguir este método: «El coaching para el triunfo» y un plan nutricional para reforzar la pérdida de peso y no volverlo a recuperar.



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