



60 Jours Pour Votre Ultime Mma: Un Guide Complet de Formation Et de Nutrition Pour Devenir Plus Fort, Plus Rapide Et Puissant (Paperback)

By Mariana Correa

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: French . Brand New Book ***** Print on Demand *****. 60 Jours pour votre Ultime MMA est le Meilleur livre pour ameliorer votre vitesse, force, confiance et nutrition en seulement deux mois. Avec des journees d entrainements detaillees chaque jour, vous vous sentirez mieux. Toute personne peut devenir le meilleur, il faut beaucoup de travail acharne et de devouement, et un bon programme d entrainement. Ce guide est complet avec un noyau dur les echauffements, entrainements, exercices specifiques du corps, les abdominaux, la periode de repos et des conseils pour votre meilleur performance en MMA. La nutrition fait partie de tout programme d entrainement, rappelez-vous lorsque vous pensez avoir termine votre entrainement, vous ne l avez pas tout a fait termine, du moins pas jusqu a ce que vous ayez mange les nutriments necessaires pour votre corps. Vous trouverez ci-joint un chapitre complet avec 50 recettes Paleo pour chaque moment de la journee, qui permettront a votre corps de vous reconstituer entierement pour etre pret lors de la seance d entrainement suivante. Apres avoir termine ces 60 jours d entrainement, vous serez en mesure de: courir plus vite, de perdre du...



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