



## plus tonique, plus mince, plus forte

By Matthews, Michael

TALENT SPORT, 2017. Paperback. Condition: NEUF. Vous voulez une silhouette svelte avec des muscles galbés, sans régime extrême, sans gaspiller des fortunes en compléments alimentaires inutiles et sans passer de longues heures à la salle ? Quels que soient votre âge et vos prédispositions génétiques. Alors ce livre est fait pour vous ! Ce livre vous révèle : les cinq mythes et erreurs de la perte de poids qui empêchent les femmes de mincir. (A cause des idioties propagées par les magazines et les coaches sportifs) ; la méthode scientifique pour perdre sainement entre 500 g et 1 kg par semaine. Tous les régimes efficaces fonctionnent grâce à 3 règles et vous pouvez facilement les mettre en pratique résultats garantis ; la vérité sur les mensonges racontés aux femmes sur les techniques pour tonifier et sculpter leur corps et ce que vous devez vraiment faire pour obtenir des courbes sexy. (Faire chaque jour des tonnes de reps avec des poids légers ne tonifie pas vos muscles, c'est une perte de temps) ; comment développer un métabolisme rapide qui brûle les graisses et vous maintient pleine d'énergie toute la journée ; des exercices soigneusement choisis qui vont récompenser vos efforts d'un...



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