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Dr Bernadette de Gasquet

ABDOMINAUX :
arrêtez le massacre !



« Protégez votre dos et travaillez vos abdominaux pour renforcer votre "capital-abdos" et tonifier votre silhouette. »

Méthode Abdologie de Gasquet

MARABOUT

Lire des ebooks Abdominaux : arrêtez le massacre ! Bernadette De Gasquet PDF, ePub, mobi, Finies les séries répétitives, monotones, épuisantes et source de douleurs lombaires. Mettez-vous aux « abdos futés » (au quotidien, dans le train ou avec un bébé dans les bras), aux abdos puissants (base des arts martiaux), au travail global (dos, abdominaux, périnée).

On peut « faire des abdos » tout en préservant son dos, son périnée et en améliorant sa silhouette. Sans souffrir, en s'amusant, en variant les exercices, jusqu'à pratiquer une gymnastique « virtuelle ».

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