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Lire des ebooks Mon cahier Body minceur Marie-laure André PDF, ePub, mobi, Le programme fat burner, qui mixe alimentation à IG bas et training, pour brûler un maximum de calories et un maximum de cellulite !

Le programme total pour mincir vite et durablement ! Puisque le sucre déclenche le stockage des graisses, l'alimentation à IG bas déstocke rapidement sans faim ni frustration. Et pour plus d'efficacité, un training complet permet de brûler les calories, tonifier et sculpter le corps. Exit la cellulite et les petites rondeurs, c'est parti pour un nouveau body et un nouveau lifestyle !

Au programme :

- Un programme complet food & training, pour mincir en 6 semaines et transformer sa silhouette.
- 3 semaines de menus à IG bas, pour déstocker les graisses définitivement et mincir sans faim ni frustration.
- Un training complet et progressif, avec du cardio pour s'affiner, du gainage (dont du Pilates) pour se tonifier et du renforcement musculaire pour se sculpter.

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