

Lire Des Ebooks Mon Cahier Ventre Plat France Carp PDF, EPub, Mobi



Lire des ebooks Mon cahier Ventre plat France Carp PDF, ePub, mobi, Des exercices faciles et un régime alimentaire adapté pour affiner sa taille, tonifier son ventre et obtenir la silhouette de ses rêves en 4 semaines d'entraînement.

Un programme sport et nutrition pour s'attaquer à la préoccupation numéro 1 des femmes : avoir un ventre plat ! Des objectifs atteignables, physiques mais aussi de nutrition, pour perdre du ventre, tonifier les abdos, redessiner la silhouette et se détendre !

Au programme :

- un quizz pour définir son profil minceur et trouver ensuite le programme qui nous convient.
- 4 semaines de programmes training (sports outdoor, aquafitness...) et nutrition (no sugar, rééquilibrage alimentaire, détox...) progressifs pour perdre son ventre, tonifier ses abdos et les sculpter.
- Des astuces anti-craquage, des recettes et menus, des conseils lifestyle pour tenir ses objectifs minceur !

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