



## Des Recettes Pour Construire Vos Muscles Au Rugby Avant Et Apres La Competition: Apprenez a Ameliorer Vos Performances Et a Reduire Les Blessures En Vous Nourrissant de Repas Faits Pour Batir Les Muscles

By Correa (Nutrioniste Certifie Des Sportif

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: French . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Des Recettes Pour Construire Vos Muscles Au Rugby Avant Et Apres La Competition vous aideront a augmenter l'apport de proteines que vous consommez par jour pour vous aider a augmenter votre masse musculaire. Ces repas vous aideront a augmenter vos muscles d'une maniere organisee en ajoutant une grande quantite de proteines saines a votre regime. Etre trop occupe pour manger correctement peut devenir parfois un probleme, c'est pourquoi ce livre va vous faire gagner du temps et vous aidera a nourrir votre corps pour atteindre les buts que vous recherchez. Assurez-vous que vous savez ce que vous mangez en preparant les repas vous-memes ou en les faisant preparer par quelqu'un pour vous. Ce livre vous aidera a -Augmenter vos muscles naturellement. -Ameliorer la recuperation musculaire. - Avoir plus d'energie. -Accelerer naturellement votre metabolisme pour construire plus de muscles. - Ameliorer votre systeme digestif. Joseph Correa est un nutritionniste certifie des sportifs et un athlete professionnel.



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