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EDITORIAL HISPANO EUROPEA, S.A. Rústica. Condition: New. Dust Jacket Condition: Nuevo. 02. He fitness, es su entrenador personal. En este libro encontrara su programa en seis semanas para obtener UN CUERPO BIKINI, consta de ejercicios de musculación, entrenamiento de resistencias, cuidado corporal y Wellness, alimentación controlada. Practica los ejercicios de resistencia 2-4 veces a la semana. Para controlar tus avances, anótalo en tu diario! Si llevas una vida activa, seguros que lo lograrás! Tu figura mejorará visiblemente y aumentará tu...

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