

Método 3 x 10 El sistema definitivo para perder peso



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Reviews

This publication will be worth purchasing. It really is written in simple terms instead of difficult to understand. It has been designed in an exceptionally simple way and is particularly only right after I finished reading this ebook in which basically modified me, altered the way I believe.

(Prof. Loyce Runolfsson Jr.)

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CUPULA (LIBROS CUPULA), 2011. Condition: Nuevo. Néstor Serra, preparador físico en «Operación Triunfo» y formador de entrenadores personales, propone un revolucionario método de entrenamiento para ponerte en forma y perder peso. Se trata del método 3x10: tres entrenamientos semanales a los que sólo tendrás que dedicar treinta minutos, durante diez semanas, con tres niveles de dificultad. Además, te ofrece las herramientas necesarias para motivarte a seguir este método: «El coaching para el triunfo» y un plan nutricional para reforzar la pérdida de peso y no volverlo a recuperar.

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