

100 Schede di Allenamento per la Palestra (Italian Edition)

Muscle Trainer



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Molti frequentatori di palestre vogliono ottenere un bel fisico ma non sanno come fare. Non sanno come funzioni l'allenamento e il tipo di scheda di cui hanno bisogno. A volte incontrano un personal trainer troppo superficiale e altre volte sono in balia di convinzioni errate.

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