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Découvrez la méthode de Joe Wicks, le Body Coach qui a déjà fait ses preuves dans le monde entier : les bonnes recettes au bon moment alliées à 15 minutes de sport intensif par jour... Et c'est tout ! Vous brûlerez les graisses et développerez vos muscles, en un temps record !

100 recettes saines et gourmandes prêtes en moins de 15 minutes pour perdre du poids sans avoir faim ! Des recettes allégées en glucides quand vous ne faites pas d'exercice, des plats copieux pour reconstituer vos réserves les jours d'entraînement, et des en-cas et gourmandises, parce que vous avez le droit de vous faire plaisir !

<b>Title</b>	:	La méthode Joe Wicks
<b>Author</b>	:	Joe Wicks
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<b>File Size</b>	:	73.10MB

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