

Télécharger Livres Gratuit Mon cahier Ventre plat (PDF | ePub | Mobi) France Carp download-free



Des exercices faciles et un régime alimentaire adapté pour affiner sa taille, tonifier son ventre et obtenir la silhouette de ses rêves en 4 semaines d'entraînement.

Un programme sport et nutrition pour s'attaquer à la préoccupation numéro 1 des femmes : avoir un ventre plat ! Des objectifs atteignables, physiques mais aussi de nutrition, pour perdre du ventre, tonifier les abdos, redessiner la silhouette et se détendre !

Au programme :

- un quizz pour définir son profil minceur et trouver ensuite le programme qui nous convient.
- 4 semaines de programmes training (sports outdoor, aquafitness...) et nutrition (no sugar, rééquilibrage alimentaire, détox...) progressifs pour perdre son ventre, tonifier ses abdos et les sculpter.

- Des astuces anti-craquage, des recettes et menus, des conseils lifestyle pour tenir ses objectifs minceur !

Title	:	Mon cahier Ventre plat
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