



Ricette Per La Massa Muscolare, Prima E Dopo La Competizione Nel Rugby: Impara Come Migliorare Le Tue Prestazioni E Ridurre Gli Infortuni Nutrendo Il Tuo Corpo Con Pasti Che Rafforzano La Massa Muscolare

By Correa (Nutrizionista Sportivo Certifica

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: Italian . Brand New Book ***** Print on Demand *****. Ricette Per La Massa Muscolare, Prima E Dopo La Competizione Nel Rugby: Impara Come Migliorare Le Tue Prestazioni E Ridurre Gli Infortuni Nutrendo Il Tuo Corpo Con Pasti Che Rafforzano La Massa Muscolare E Sciogliono I Grassi Questi ricette contribuiranno ad aumentare il muscolo in maniera organizzata con l'aggiunta di grandi porzioni sane di proteine alla tua dieta. Essere troppo occupato a mangiare correttamente a volte puo diventare un problema ed e per questo che questo libro ti fara risparmiare tempo e contribuirà a nutrire il tuo corpo per raggiungere gli obiettivi che desiderati. Assicurati di sapere cosa stai mangiando per preparartelo da solo o avere qualcuno che lo prepara per te. Questo libro ti aiuterà a: - Incrementare la muscolatura velocemente. - Avere piu energia. - Accelerare il tuo metabolismo in modo naturale per avere piu muscoli. - Migliorare Il tuo sistema digestivo. Joseph Correa e un nutrizionista sportivo certificato ed un atleta professionista.



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