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## Aumentare La Massa Muscolare: Come Far Crescere I Tuoi Muscoli E Allenare La Tua Massa Muscolare - Aumenta La Tua Forza E La Tua Energia Allenando I Tuoi Muscoli Al Meglio (Paperback)

By Rocco Bezzi

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: Italian . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Aumentare la massa muscolare e ridurre la massa grassa - Guida per principianti ed esperti Per conoscere le basi dell aumento della massa muscolare e sapere come ottenere rapidamente ed efficacemente il corpo dei propri sogni. Chi oggi si avvicina al tema dell aumento della massa muscolare, si trova di fronte ad una quantita infinita di informazioni, che spesso confondono piu che chiarire. Non di rado, vengono promessi mari e monti e spesso l interesse principale e la commercializzazione di qualche nuovo presunto ritrovato miracoloso. Il tema in realta non e cosi complesso come aziende e pubblicitari vogliono far credere. Fondamentalmente e piuttosto semplice se se ne conoscono i principi basilari e se ci si attiene ad essi con disciplina ferrea. In questo libro presentero dettagliatamente cio che serve per avere un fisico piu robusto e muscoloso e spieghero cosa in realta non funziona. Imparerete a conoscere i processi essenziali che portano ad uno rapido aumento della massa muscolare e alla diminuzione della massa grassa. Approfittate dei programmi di allenamento e alimentazione e, con l aiuto di questa guida, imparate di cosa...



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