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LA GUIDA COMPLETA ALL ALIMENTAZIONE NELLO SQUASH: MASSIMIZZA IL TUO POTENZIALE (PAPERBACK)



Createspace Independent Publishing Platform, 2014. Paperback Condition: New. Language: Italian . Brand New Book ***** Print on Demand *****. La Guida Completa all Alimentazione nello squash ti insegnera come incrementare il tuo RMR (tasso metabolico a riposo) per accelerare il tuo metabolismo e aiutarti a cambiare il tuo corpo in meglio. Imparare come mantenersi al top della forma e raggiungere il tuo peso ideale attraverso un alimentazione intelligente che ti permette di performare al meglio. Mangiare carboidrati complessi, proteine, e...

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- Authored by Correa (Nutrizionista Dello Sport Certif
- Released at 2014



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