



Pecho y brazos (HE fitness)

By Heiko Czichoschewski

Hispano Europea, 2006. soft. Book Condition: New. HE fitness, es su entrenador personal. Esta serie presenta las tendencias más actuales en fitness, con gran cantidad de conocimientos específicos y prácticos. En este libro no solo encontrarás ejercicios para principiantes, sino también una buena cantidad de variantes que pueden proporcionar un entrenamiento muy variado incluso a los profesionales del fitness. Ahora que ya viene el buen tiempo es mucho más divertido hacer ejercicio en el jardín o en un parque, te sorprenderás al comprobar el poco tiempo que has de dedicar a la semana y lo eficaces que son los ejercicios.

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