



Das Women's Health Workout ohne Geräte: Toller Body, straffe Beine, flacher Bauch - so kommen Sie überall ganz einfach in Bestform (German Edition)

Martina Steinbach

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Toller Body, straffe Beine, flacher Bauch

Lust auf ein rundum schlankes und fittes Leben? Dann ist „Das Women's Health Workout ohne Geräte“ perfekt für Sie! Hier erfahren Sie, wie Ihr Körper zum Erfolgsgarant auf dem Weg zum Traumbody wird. Denn das Training mit dem eigenen Gewicht ist überraschend effektiv und zugleich unglaublich flexibel. Egal an welchem Ort oder zu welcher Uhrzeit – legen Sie direkt los. Bei über 260 Übungen mit jeweils drei Intensitätsleveln finden sowohl Einsteigerinnen als auch Profis das passende Workout. Zudem bekommen Sie das grundlegende Know-how rund um eine gesunde Ernährung. Lassen Sie Ihre Wunschfigur Wirklichkeit werden – echt easy durch Bodyweight-Training!

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