

Best Body Plan : Power-Übungen & 70 Schlank-Rezepte



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Reviews

Merely no terms to explain. it was actually writtern quite properly and helpful. I realized this pdf from my dad and i suggested this ebook to discover.

(Cletus Quigley)

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Suedwest Verlag Dez 2016, 2016. Taschenbuch. Condition: Neu. Neuware - Werde fit wie Anna Live healthy - be happy! Gesund zu leben muss nicht schwer sein, sondern macht Spaß - das zeigt Anna Lewandowska mit ihrem 'Best Body Plan'. Mit über 70 leckeren Rezepten aus gesunden frischen Zutaten, viel Obst und Gemüse, ihren besten Fitnessübungen, die überall ausgeführt werden können, und ihrer fröhlichen Art motiviert die Karateweltmeisterin und Ehefrau von Profi-Fußballer Robert Lewandowski garantiert jeden, schlechte Gewohnheiten für immer über Bord zu werfen. Sich gut zu fühlen kann so einfach sein! 269 pp. Deutsch.



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