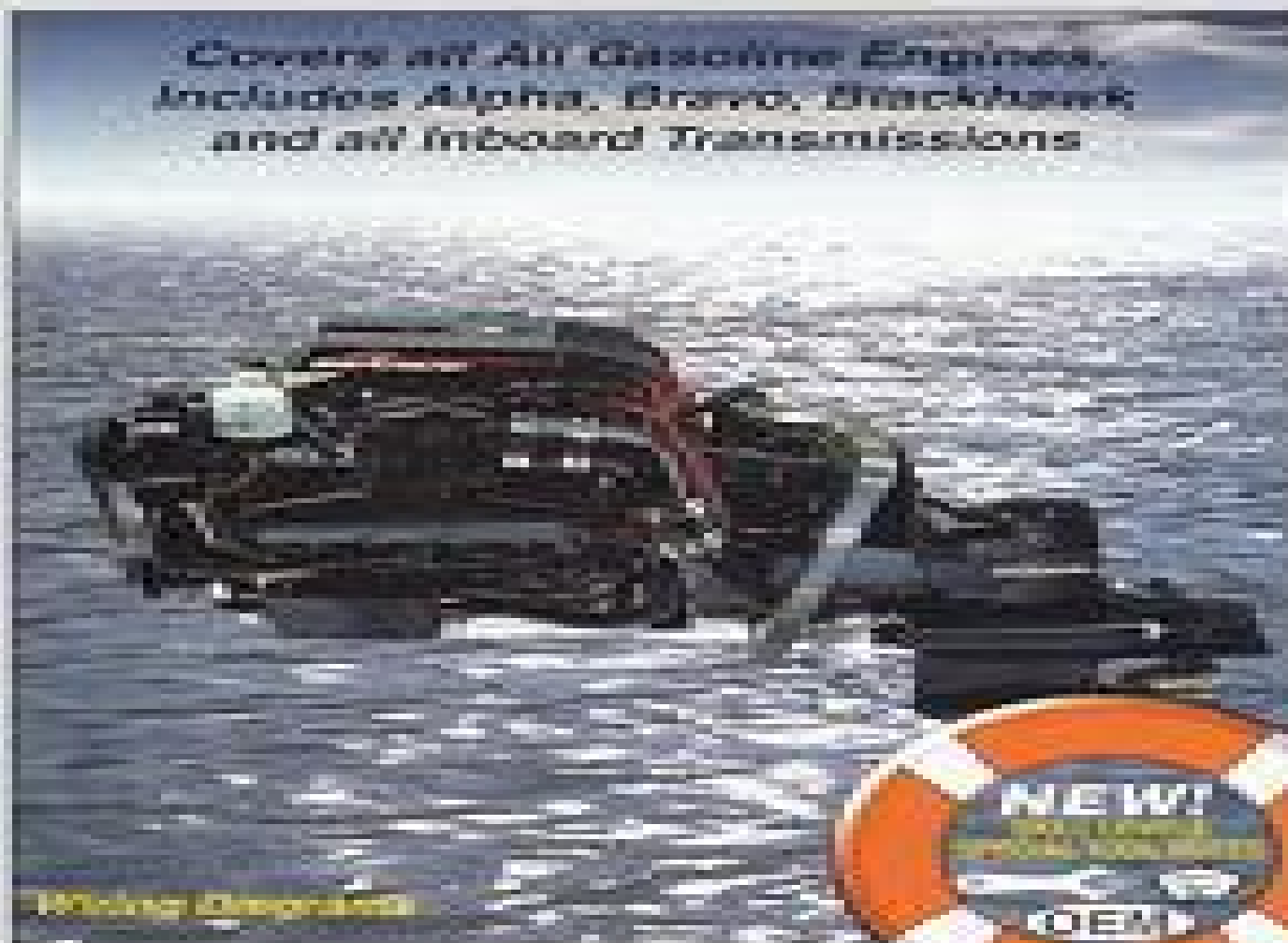


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miglioramenti sia della performance fitness che estetici questo workout determina un lavoro molto intenso a

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con questo libro imparerai a eseguire una vasta gamma di esercizi per tutto il corpo dai push up ai front lever dai pull up ai
plank utilizzando come resistenza solo ed esclusivamente il peso del corpo

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migliorare la tua forza la tua coordinazione e la tua composizione corporea imparando moltissimi esercizi da semplici ad
avanzati