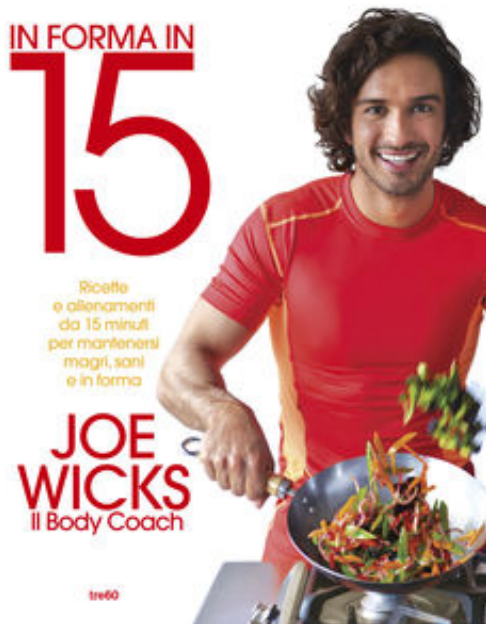


Leggi Ebooks In Forma In 15 Joe Wicks PDF, EPUB, Mobi



Leggi ebooks In forma in 15 Joe Wicks PDF, EPUB, mobi, «L'ultimo re Mida del benessere si chiama Joe Wicks» Vanity Fair

Mangia meglio e di più, allenati di meno, perdi peso: questo in estrema sintesi è il programma che Joe Wicks, «the Body Coach», ci propone con il suo libro. Un nuovo, rivoluzionario stile di vita che combina un'alimentazione sana, fatta di ricette semplici, veloci e con una giusta calibrazione di carboidrati e proteine, con un programma di allenamento intervallato ad alta intensità (*Interval Training*) per bruciare il grasso in eccesso. *In forma in 15* ci libera per sempre dallo stress e dalle limitazioni delle diete ipocaloriche e ci insegna come nutrire il nostro corpo con il cibo giusto al momento giusto, per dimagrire, costruire massa magra e tornare in splendida forma.

YouTube: The Body Coach TV, 186.000 iscritti (oltre 7 milioni di visualizzazioni)

Facebook: @JoeWicksTheBodyCoach, 1,9 milioni di like

Instagram: @thebodycoach 1,4 milioni di follower

Twitter: @thebodycoach 203.000 follower

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