

Il Metodo Butterfly



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(Pascale Marvin II)

IL METODO BUTTERFLY



Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 224 x 148 mm. Language: Italian . Brand New Book ***** Print on Demand *****.Un piano di allenamento specifico di 12 settimane con schede di allenamento che ti spiegheranno come allenarti efficacemente a casa. COSA DICONO DEL METODO BUTTERFLY: Ciao luca sono Francesca:) volevo dirti che mi sono liberata della fame nervosa e dell'ansia, mi sono iscritta in palestra per socializzare un po e mi hanno fatto i complimenti per la base muscolare (ottenuta grazie a te) ma soprattutto sto seguendo senza problemi la paleo dieta che mi sta aiutando molto . Sono fuori casa tutto il giorno e sono piena di energia, grazie per avermela fatta conoscere puo cambiare la vita fa stare bene:) ti ho scritto per ringraziarti e per un piccolo saluto:) buona giornata. -----

----- Ciao a tutti ragazzi! Vi voglio dire che girando sul web ne ho letto di tutti i colori, chi dice di allenarsi 5-6 volte a settimana chi di allenarsi una sola volta a settimana con gli esercizi base e chi dice di mangiare come un pazzo per poi mangiare come un anoressico per dimagrire. Dopo un anno di palestra nel quale mi sono allenato tutti i giorni e mangiato come un anoressico o come un pazzo, ho trovato su Youtube un canale chiamato Luca Grisendi che mi ha dato una nuova mentalita riguardo all'allenamento e all'alimentazione e devo dire che mi sono trovato benissimo! Consiglio quindi a chiunque di farsi seguire da Luca poiche e sempre disponibile e cordiale! Infine un consiglio generale a tutti: non vedete l'allenamento o la dieta come una cosa forzata ma come uno stile di vita. Riccardo C. -----

Vincenzo Sammaritano Volevo lasciare un commento riguardo...



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