



Endlich Bauch weg für Dummies (German Edition)

Erin Palinski-Wade

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Endlich Bauch weg für Dummies (German Edition) Erin Palinski-Wade Wie Sie mit Fitness- und Ernährungsplan Ihre Pölsterchen loswerden

Haben Sie überschüssiges Bauchfett, das Sie gerne los -werden möchten? Dann ist Endlich Bauch weg für Dummies genau das Richtige für Sie. Sie erfahren, wie Sie Ihren Bauchspeck auf schnellem und vor allem gesundem Wege verlieren. Sagen Sie ihrem Speck den Kampf an: mit einem 14-tägigen Schnellstart-Programm und einem Fitnessplan, inklusive Fatburner-Training, das Sie ganz bequem zu Hause machen können. Während die Pfunde purzeln, schreiten Sie zu immer anspruchsvolleren Übungen voran, die Ihren Bauch straffen und definieren. Außerdem bietet Ihnen das Buch über 40 leckere Rezepte, mit denen Abnehmen Spaß macht.

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