



Figur-Guide für Bauch, Beine, Po: Richtig abnehmen, effektiv straffen, nachhaltig schlank bleiben (German Edition)

Nina Winkler

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Gezielte Workouts gegen die Problemzonen Bauch, Beine, Po

Problemzonen ade. Keine Chance für Reiterhosen, Hüftgold und Cellulitis! Denn diese Übungen von Fitness-Expertin Nina Winkler haben es in sich: Mit den kurzen, intensiven Workouts kann man gezielt gegen Problemzonen vorgehen und den gesamten Body blitzschnell in Topform bringen. Pro Programm gibt es einen Schwerpunkt wie „Sexy Legs“ oder „Bauch intensiv“, sodass sie sich individuell, ganz nach den eigenen Bedürfnissen, zusammenstellen lassen. Dazu zeigt ein klarer, einfacher Ernährungsplan, wie man richtig Fett verbrennt und sich dabei etwas Gutes tut. Damit knackt garantiert jede(r) rund eine Kleidergröße in zwei Wochen!



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