



Das Men's Health Muskelbuch - die Pocketausgabe -: Über 300 Top-Übungen für einen durchtrainierten Body (German Edition)

Adam Campbell

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In vier Wochen schlank, stark und sexy!

Klein, aber oho! Hier ist Ihre ultimative Trainingslektüre mit Muskel-Garantie: die besten Übungen aus dem großen Klassiker „Das Men's Health Muskelbuch“, kompakt und handlich in der Pocketausgabe. Ob Sie einige Kilos loswerden, Kraft aufbauen, Ihren Rücken stärken oder einfach schlank bleiben wollen, die Pocketausgabe bietet für alle Muskelgruppen von Kopf bis Fuß das richtige Workout. In vier Wochen schlank, stark und sexy – auch unterwegs ...

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