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*Mariana Correa*

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## ECCEZIONALI ALLENAMENTI Per IL CROSSFIT: 100 Esercizi + 100 Allenamenti (Italian Edition) Mariana Correa

Eccezionali allenamenti per il Crossfit é la guida piú completa per raggiungere i tuoi obiettivi sportivi, include allenamenti ed esercizi adatti a sviluppare muscoli, bruciare grassi e ottenere la tua forma migliore. Una dieta appropriata é essenziale per avere successo quindi troverai anche 50 ricette Paleo adatte per essere integrate all'allenamento. Con 100 allenamenti personalizzati per il Crossfit per migliorare le tue prestazioni e per spingerti al limite, questo libro ti aiuterá a raggiungere i tuoi obiettivi e diventare un crossfitter in forma. Il Crossfit é uno sport rivoluzionario nel quale sfidi il corpo in ogni modo possibile, per creare un corpo forte, sano, in forma e veloce, portandolo ad un livello superiore. Non c'è da meravigliarsi se il Crossfit é diventato il metodo di allenamento per forza speciali, squadre militari per centinaia di atleti in tutto il mondo. L'autrice, Mariana Correa, è una ex atleta professionista e una nutrizionista dello sport certificata che ha gareggiato con successo in tutto il mondo. Condivide anni di esperienza sia come atleta che come allenatrice dando un punto di vista impagabile. "La vita é temporanea, il corpo é temporaneo, ma finché sono qui voglio ottenere il meglio che posso." Rich Froning – 5 volte Campione ai Crossfit Games

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