



Avec les Nuls, tout devient facile !

Gym et muscultation pour les nuls



Un corps de rêve
en 10 minutes par jour

•

Savoir s'échauffer
et s'étirer

•

Du haut du dos aux
mollets : se muscler
de la tête aux pieds !

•

Des centaines d'exercices
sans matériel, illustrés
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Cyndi Targosz
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Exercices De Musculation Pour Les Nuls Pdf Download

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