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BURN THE FAT, FEED THE MUSCLE - THE SECRETS OF THE LEANEST PEOPLE IN THE WORLD



Random House UK Ltd Dez 2013, 2013. Taschenbuch. Condition: Neu. Neuware - Burn the Fat, Feed the Muscle is the new bible of fat loss. No matter where you are now it will help you get your dream body. How By using the secrets of the leanest people in the world. Fitness and body-building expert Tom Venuto has created a programme based on the four elements of his fat burning equation: nutrition, mental training, resistance training and cardio training. He...

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- Authored by Tom Venuto
- Released at 2013



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