



No Excuses!: Das revolutionäre 21-Tage- Programm ohne Geräte (German Edition)

Seyit Ali Shobeiri, Gela Brüggemann

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Do it right or do it better!

„From Zero to Hero“ ist das Motto von Personal Coach Seyit Shobeiri, denn sein revolutionäres 21-Tage-Trainingsprogramm ist der Startschuss in ein fittes, starkes und schlankes Leben! Dafür hat er innovative und effektive Übungen aus den Bereichen CrossFit, American Football, Ginástica Natural und dem Kampfsport designt und zusammengestellt. Das Beste daran: Coach Seyit trainiert mit dir, als ob er persönlich in deinem Wohnzimmer stehen würde. Jeden Tag bekommst du dein Power-Workout, Rezepte für Frühstück, Mittag- und Abendessen sowie einen Motivationstipp. Dazu findest du hier fundiertes Trainings-Know-how und alles, was du über Superfoods wissen musst, sodass es nun wirklich keine Ausreden mehr auf dem Weg zum Superbody gibt!

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