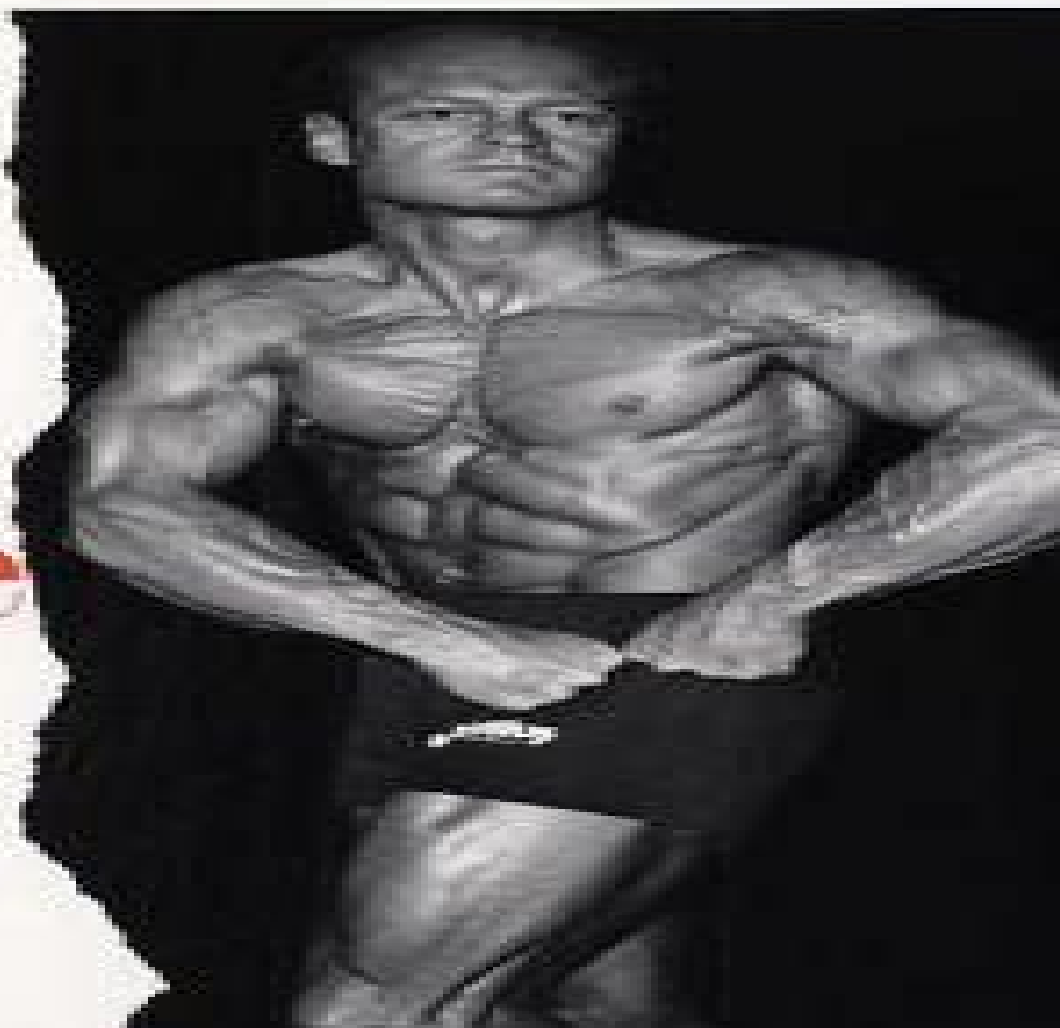


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de pesas para mujeres c mo entrenar la fuerza para deportes concretos boxeo baloncesto ciclismo remo carrera esqu de fondo balonvolea c mo conseguir un buen tono muscular Asimismo el libro presenta tambi n ejercicios con pesos sueltos con m quinas Nautilus con m quinas universal qu gimnasio es el m s indicado qu hacer en caso de lesi n y qu nutrici n es la correcta Todo el libro est ilustrado con dibujos que muestran los ejercicios y las series de repeticiones El autor Bill Pearl es un reconocido culturista que consigui el t tulo de M ster Universo Publishers Trade List R R Bowker Publishing,2001

Zen Food Martin und Philippa Faulks,2013-07-15 Bewusst genie en ges nder leben Ein klarer Geist in einem gesunden K rper mit dem man sich rundum wohlf hlt Zen Food bertr gt die Weisheit und die Methoden des Zen auf ein modernes alltagstaugliches Ern hrungsprogramm Mit einfachen Meditationen und mentalen bungen gelingt es ungesunde Gewohnheiten zu erkennen und loszulassen Essverhalten und K rperbewusstsein werden dort positiv ver ndert wo sie entstehen im Kopf In kleinen aufeinander aufbauenden Schritten findet man zu mehr Vitalit t und innerer Harmonie Mit praktischen Verhaltenstipps und frischen Rezeptideen f r ein neues Lebensgef hl und dauerhaftes K rpergl ck **Small Press Record of Books in Print** ,1990 **Paperbound Books in Print** ,1992 National Union Catalog, 1980 ,1981

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