



PERSONAL TRAINER
THIERRY BREDEL

L'ENTRAÎNEMENT **AU FÉMININ**

LA MÉTHODE COMPLÈTE
POUR SCULPTER VOTRE SILHOUETTE



16 PLANS D'ENTRAÎNEMENT DE 24 SEMAINES
POUR TOUS NIVEAUX À LA MAISON OU EN SALLE

BONUS : UN PROGRAMME SPÉCIAL ANTI-CELLULITE

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ÉDITIONS



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