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Un allenamento progressivo
e dei programmi specifici per:

- **Eliminare**
il grasso eccedente
- **Sviluppare**
i muscoli
- **Migliorare**
le performance atletiche



Il Metodo Lafay

J Ma



Il Metodo Lafay:

Whispering the Techniques of Language: An Mental Journey through **Il Metodo Lafay**

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