



# Schede Allenamento Forza per la Palestra (Italian Edition)

*Muscle Trainer*

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## Schede Allenamento Forza per la Palestra (Italian Edition) Muscle Trainer

Questo ebook è per la gente forte di spirito, per chi vuole andare oltre e migliorarsi sempre in palestra e nella vita.

Oggi sono molte le palestre in circolazione ed è tanto il personale poco qualificato in giro. Le schede qui presenti non devono sostituire la figura del personal trainer. Ognuno di noi ha una struttura fisica diversa che necessita di un parere visivo "faccia a faccia".

Le schede qui presenti sono schede orientate principalmente sulla forza. Allenando la forza non significa che non si avrà un incremento di massa muscolare. Essere forti ti porterà benefici in diversi settori della tua vita e combatterai efficacemente le fasi di stallo durante il tuo percorso verso la crescita muscolare.

In questo ebook vengono presentate ingegnose schede di allenamento per migliorare la forza nel bodybuilding e mettere massa muscolare.



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