



Resistencia vs Cardio

ROMPE EL MITO
PARA ADELGAZAR

BERENICE SUÁREZ

Resistencia Vs Cardio Rompe El Mito Para Adelgazar Spanish Edition

Berenice Surez



Resistencia Vs Cardio Rompe El Mito Para Adelgazar Spanish Edition:

Resistencia Vs Cardio Berenice Surez, 2015-07-19 Cu ndo fue la ltima vez que fuiste al Gym o hiciste ejercicio Cu ndo fue la ltima vez que te disfrutaste hacer ejercicio o tuviste tiempo para hacerlo DESAFORTUNADAMENTE la industria de control de peso te ha hecho pensar que hacer mucho cardio como correr largas distancias ejercitarte en bicicleta por un mont n de millas o treparte en la el ptica y no bajarte hasta que se te salga el coraz n por la boca te va a reducir m s grasa corporal que otros ejercicios Puedes eliminar grasa y un sin fin de calor as como suelen indicarte las m quinas para que te pongas feliz pero la triste noticia es que vas a derretir tus m sculos d ndote ese look de flaco pero blando En ingl s se conocen como los skinny pigs Hay una ciencia detr s del ejercicio que s lo un grupo de personas conocen y han podido adelgazar y mantenerse por a os en su peso ideal sin estar horas exhaustas ejercit ndose o haciendo dietas peligrosas Si sigues las reglas de la ciencia del ejercicio detr s del Cardio y la Resistencia podr s tener un cuerpo magro y tonificado con menos de 30 minutos tres veces a la semana En este libro aprender s c mo estar menos tiempo ejercit ndote para quemar grasa y construir m sculos Tampoco necesitas ir al gym si no quieres Es una lectura ligera pero con ciencia En esta gu a vas a aprender Los 9 mitos que la industria del control de peso no quiere que sepas Los beneficios ocultos del ejercicio que retardan tu envejecimiento prematuro En incinerador de grasa que tiene tu cuerpo escondido Lo que no te dicen del ejercicio Cardio Lo que no se dice del ejercicio de Resistencia Una gu a gratis para trabajar todo tu cuerpo en menos de 30 minutos Este libro est hecho para las personas que como yo estamos en los ta 30 40 50 a os de edad y queremos sacarle jugo a la ciencia del ejercicio para adelgazar y tonificar en el menor tiempo posible As que despl zate hacia arriba AHORA y haz clic en el bot n de compra para que aprendas lo que algunas personas saben sobre adelgazar y tonificar permanentemente Disfr talo y luego me cuentas

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