



Masse aufbauen - mehr Muskeln bekommen: Vermeide 10 typische Ernährungsfehler (German Edition)

Arnold Stark

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Du möchtest Deinen Körper verändern und trainieren? Mache Dir das Leben nicht unnötig schwer und achte darauf, typische Fehler in der Ernährung zu vermeiden. Dieses E-Book liefert Dir zehn gute Tipps für die richtige Ernährung zum optimalen Muskelaufbau. So kannst Du Masse aufbauen und Deinen Trainingsplan verfolgen. Leichtfertig erfährst Du hier, wie Du Dich optimal ernährst. Der Ratgeber zeigt Dir, wie Du Muskelmasse richtig zulegen kannst und auf welche Lebensmittel Du achten solltest. Lerne mehr über Proteinshakes, Ballaststoffe, Fette und Natrium und erreiche Deinen Traumoddy!

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