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## Piernas bonitas (Programa de 6 semanas)

By Anita Bean

Hispano Europea, 2007. soft. Book Condition: New. Al igual que nos encanta ir de compras o tener el antojo de bombones, todas compartimos el deseo de tener unas piernas más esbeltas y atractivas. La buena noticia es que no importa lo largas o cortas que sean nuestras piernas, ahora se puede mejorar su forma notablemente. El secreto radica en una combinación adecuada de ejercicio y dieta. La clave para evitar la flacidez y lograr unos muslos tonificados es un ataque desde tres frentes: -Actividad cardiovascular para quemar grasa (incluida la celulitis) y estimular la circulación. -Movimientos tonificantes eficaces, tales como sentadillas y extensiones, para fortalecer el tejido muscular. -Un plan de dieta sana para mantener todo su cuerpo en buena forma. Durante las seis semanas siguientes realizará una combinación de actividad quema grasas y ejercicios tonificantes específicos para sus piernas. Siga este programa y en seis semanas tendrá unas piernas más bonitas que nunca.



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