



Der Figurmacher: Schlank. Stark. Selbstbewusst. (German Edition)

Andreas Scholz, Nina Smith

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Haben Sie sich auch schon einmal gefragt, warum diese neue Diät, auf die alle schwören und die bei Ihrer Freundin auch ganz toll funktioniert hat, bei Ihnen nicht anschlägt? Bestimmt ist Ihnen auch bereits aufgefallen, dass manche Frauen nur am Bauch oder nur am Po zunehmen und andere gleichmäßig am ganzen Körper.

Andreas Scholz, Figurmacher und Ernährungswissenschaftler, erläutert kompetent und unterhaltsam die von ihm entwickelten Körpertypen und präsentiert speziell abgestimmte Trainingsprogramme, Ernährungspläne, Straffungshelfer und Fettverbrenner - und zusätzlich ein effektives Superfettverbrennungs- und ein Poliftingprogramm für alle.

Doch der wichtigste Erfolgsfaktor ist Ihre Motivation. Nina Smith zeigt Ihnen die besten Tipps und Tricks und entfacht ein wahres Feuer der Begeisterung für Ihren neuen Körper.

Nutzen auch Sie die Kraft der Muskulatur, straffen Sie Ihren Körper von innen und werden auch Sie knackig statt klapprig!

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