

# Max Workouts

DelfinMax Capacity Training Hartmut Aufderstraße Samy Peyret  
Delfin Max Capacity Training *Hartmut Aufderstraße Samy Peyret*

zielniveau b1 das glossar enthält den gesamten wortschatz sowie wendungen zum kursbuch

teaches you how to get the most out of your workouts based on a plan with 3 innovative time delimited protocols in a hour a week you can sculpt your body with 48 strength building bodyweight exercise you will also learn the 5 principles of eating right and how to apply them résumé de l éditeur

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