



Der 15-Minuten-Body-Coach: 15-Min.-Mahlzeiten - 15-Min.-Workouts - Schnell schlank und gesund (German Edition)

Joe Wicks

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Mehr essen, weniger Sport und trotzdem abnehmen – wer möchte das nicht? In seinem ersten Buch »Der 15-Minuten-Body-Coach« verrät Instagram-Star Joe Wicks, alias "The Body Coach", wie das geht: Er stellt 100 Rezepte für leckere, nahrhafte und schnell zubereitete Mahlzeiten vor und präsentiert spezielle Workouts auf Basis von High Intensity Intervall Training (HIIT). Durch diese Kombination von richtiger Ernährung und passendem Sportprogramm wird die Fettverbrennung angekurbelt und die Pfunde purzeln.



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