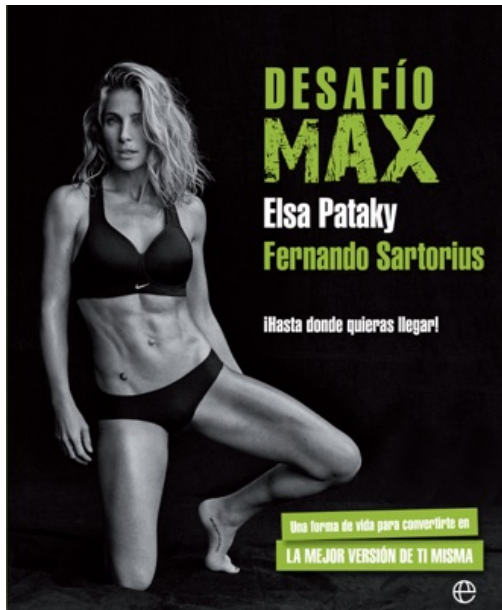


Descargar libros Desafío Max gratis (PDF | ePub | Mobi) Elsa Pataky DG Media



Una forma de vida para convertirte en la mejor versión de ti misma

Tras el éxito de *Intensidad Max*, ahora llega *Desafío Max*: un libro que te enseña una forma de vida que puedes seguir para convertirte en la mejor versión de ti misma.

La revolución del *fitness* y de la alimentación a tu alcance, de la mano de Elsa Pataky y Fernando Sartorius, verdaderos *life coach*, para que vayas subiendo el listón de tus posibilidades físicas con las nuevas tendencias que te presentan.

Ejercicios de tonificación, cuidados del cuerpo, *kickboxing*, yoga... ¡Un desafío al máximo para llegar hasta donde quieras llegar!

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| Title | : | Desafío Max |
| Author | : | Elsa Pataky |
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