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Unos quieren perder peso, otros sueñan con quitarse el flotador y marcar sus abdominales, a otros en cambio, les preocupa eliminar la celulitis y tonificar sus piernas... Somos diferentes con objetivos distintos.

¿Tienes un objetivo?

Aquí tienes **TU PLAN ENFORMA**

Muchos son los conceptos sobre alimentación y entrenamiento que rondan en tu cabeza, sin embargo se hace difícil aterrizar todas esas ideas en un **plan personalizado orientado a tu objetivo**. Con este libro **Amaya Fitness** pone en tus manos todo lo que necesitas para diseñar tu plan.

Además incluye fáciles, sabrosas y nutritivas **recetas** que te harán perder el miedo a la cocina. Las mejores **rutinas y ejercicios** con los que lograrás dar forma a tu silueta y tener el cuerpo que siempre has deseado.

Title	:	Tu plan EnForma
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