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so you finished my 12 week guide give yourself a massive congratulations and pat on the back it s a huge accomplishment and no doubt you are feeling a big change in your overall health mindset and confidence as you know by now my program is not a diet but a lifestyle with my 2 0 guide i ve created another 12 weeks to help you continue your healthy lifestyle inside you will find 12 weeks of higher challenge workouts a full glossary section detailing new exercises as well as a guide to foam rolling and new resistance exercises the 2 0 guide helps you take your healthy lifestyle to the next level and is the best way to continue reaching your fitness goals

kayla itsines foam rolling guide is essential for anybody who has purchased a foam roller and is unsure of how to use it foam rolling helps to relieve muscle tension and pain by improving circulation it could also helps to minimise the appearance of cellulite in this guide you will find the importance of foam rolling recommended upper body foam rolling routine recommended lower body foam rolling routine stretching exercises to aid in rehabilitation do s don t s step by step information

yeah du hast mein 12 wochen programm beendet du kannst stolz auf dich sein und fühlst dich jetzt bestimmt viel besser gesünder und fitter wie du jetzt weißt geht es bei meinem programm nicht nur um ein training sondern es geht um einen neuen lebensstil mit meinem bbg 2 0 habe ich ein weiteres 12 wochen programm erstellt welches dich auf deiner reise zu mehr fitness und gesundheit unterstützen soll der guide enthält weitere herausfordernde workouts ein komplettes glossar mit neuen Übungen sowie einen leitfaden für das schaumstoffrollen der bbg 2 0 hilft dir noch gesünder zu leben und ist der beste weg um deine fitness ziele zu erreichen

the help vegetarian guide contains kayla itsines 107 page clean eating plan including a full 14 day meal plan with recipes suitable for vegetarians vegans and pescatarians learn what to eat discover fat burning foods eat tasty meals and speed up your metabolism

der bikini body training guide ist der 189 seitige workout guide von kayla itsines er enthält einen 12 wochen plan für deine workouts inkl ausdauertraining krafttraining und dehnübungen die workouts dauern dabei nicht einmal 30 minuten und konzentrieren sich gezielt auf deine problemzonen

mein schaumstoffrollen ratgeber foam rolling guide ist essenziell für alle die eine schaumstoffrolle gekauft haben und sich nicht sicher sind wie diese zu benutzen ist schaumstoffrollen helfen bei muskelverspannung und schmerzen indem sie den blutkreislauf anregen sie können auch helfen die erscheinung von cellulite zu reduzieren in diesem ratgeber findest du infos über die bedeutung des schaumstoffrollens empfohlene schaumstoffrollen Übungen für den oberkörper empfohlene schaumstoffrollen Übungen für den unterkörper dehnübungen die der regeneration helfen die do s und dont s des schaumstoffrollens schritt für schritt anleitungen

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