

## Book BRIGITTE ENGAMMAR-Pekný zadok za 30 dní



**Available sizes**

**Reference number**

**Ean number**

**Quantity**

**Suggested retail price:** 9 € s DPH

### Description

Do you want to have a nice butt in 30 days? Buy a book from the author Brigitte Engammar. You don't have time to go to the fitness center and you are looking for a suitable exercise? The book Nice ass in 30 days offers an ideal training program for all women.

Every week you will discover new exercises, specially designed to shape the butt in record time. Progressive training is suitable for all women. They start with a thorough warm-up and end with stretching to improve flexibility, sparing muscles and joints. Thanks to simple steps and self-massage, reduce cellulite and get rid of everyday tension.

### Book details:

- language: Slovak
- Binding: Hardcover
- number of pages: 104
- size: 165 x 225 mm
- weight: 251 g