

## Book BRIGITTE ENGAMMAR-Pevné brucho za 30 dní



**Available sizes**

**Reference number**

**Ean number**

**Quantity**

**Suggested retail price:** 9 € s DPH

### Description

Discover the book Firm stomach in 30 days, the author of which is Brigitte Engammar. A great guide for all women who don't have time to go to the gym and are looking for a suitable workout.

New exercises are prepared for you every week, specially designed to shape the abdominal muscles in a record short 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 that bring relief and self-massages, you can also prevent unpleasant bloating.

### Book details:

- language: Slovak
- Binding: Hardcover
- number of pages: 96
- size: 165 x 225 mm
- weight: 234 g