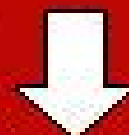




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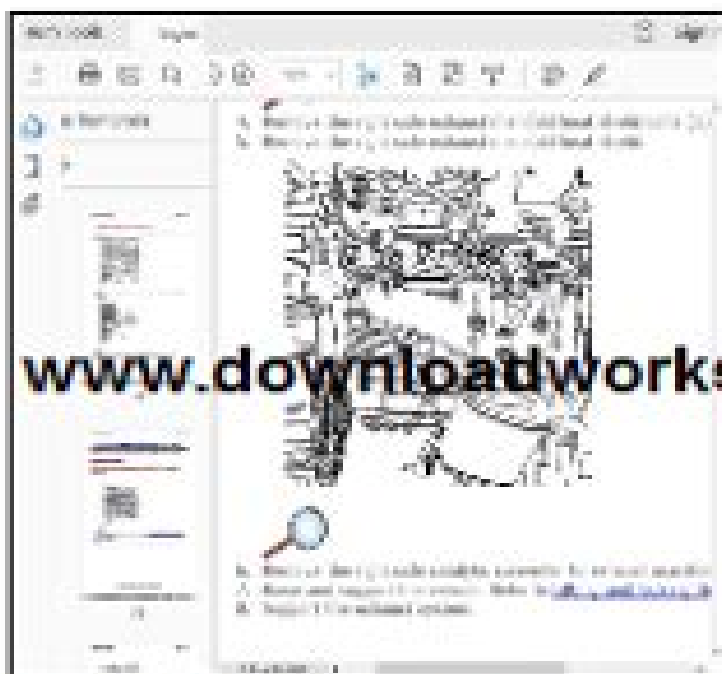
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i 10 migliori libri sulla programmazione dell'allenamento - Jul 20 2023

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dalseno e illustrato da dino festa che fornisce un diario di allenamento strutturato per 52 settimane inclusi quattro
allenamenti diversi a settimana per un totale di 200 esercizi diversi il programma di allenamento prevede varie