



Projekt Wunschhose: Die 3-2-1 Figurmacher®- Diät (German Edition)

Nina Smith, Andreas Scholz

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Haben auch Sie eine Lieblingshose im Schrank, die einfach nicht mehr passen will? Oder haben Sie erst kürzlich eine Jeans anprobiert, die sich partout nicht schließen lassen wollte? Dann ist das Projekt Wunschhose des Figurmachers® Andreas Scholz genau das Richtige für Sie!

Mit fundierten und unterhaltsamen Informationen zu Ihrem Stoffwechseltyp heizen Sie Ihrem Körper mal wieder richtig ein und erzielen mit der 3-2-1-Figurmacher®-Diät schnell erste Erfolge. 3 Valtage, 2 Schlanktage und 1 Turbo-Stoffwechseltage gestalten Ihren Wochenplan äußerst abwechslungsreich und vermeiden langfristige Entbehrungen. So bleiben Sie motiviert und dürfen sich am Pausentag sogar dafür belohnen.

Die stoffwechseleoptimierte Ernährung ist abgestimmt auf den sensiblen Hormonhaushalt der Frau. Ausführliche Pläne geben leicht verständlich konkrete Anleitungen zu Ihrem Trainings- und Ernährungsplan, lassen durch zahlreiche Rezeptvorschläge aber viel Spielraum für Ihre persönlichen Vorlieben.

Lassen Sie sich von Powerfrau Nina Smith für Ihren Körper begeistern und geben Sie Ihrer Motivation mit zahlreichen Strategien immer wieder neue Impulse.

Aktivieren Sie Ihren Stoffwechsel, nutzen Sie die Kraft Ihrer Muskulatur und straffen Sie Ihren Körper von innen!

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