

Verbrenne zügig Fett für eine starke Performance beim

TENNIS

Rezepte zum Fettverbrennen, die dir helfen mehr Spiele zu gewinnen!

Von
JOSEPH CORREA

Zentrum für Sport-Ernährungsberater

Verbrenne Zugig Starke Performance Tennis

**Joseph Correa (Zertifizierter Sport-
Ernährungsberater)**



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Verbrenne Zugig Fett Fur eine Starke Performance Beim Tennis Joseph Correa (Zertifizierter Sport-Ernährungsberater), 2015-02-14 Verbrenne zugig Fett fur eine starke Performance beim Tennis wird dir helfen Gewicht auf naturlche Weise und effizient zu verringern Wenn du in der Vergangenheit nicht erfolgreich darin warst ungewolltes Fett loszuwerden ist jetzt deine Chance auf eine Veränderung gekommen Lies dieses Buch und beginn das Leben zu leben das du verdienst Der Kalender und die Rezepte sind leicht zu befolgen und zu verstehen Zu beschäftigt zu sein um richtig zu essen kann manchmal ein Problem werden Darum wird das Buch dir Zeit sparen und deinen Korper ernahren so dass du die Ziele erreichst die du mochtest Das Buch wird dir helfen Schnell Gewicht zu verlieren fur Tennis Fett zu reduzieren Mehr Energie zu haben Deinen Stoffwechsel in naturlcher Weise beschleunigen damit du dunner wirst Dein Verdauungssystem verbessern Joseph Correa ist ein zertifizierter Sport Ernährungsberater und ein Profi Sportler c 2015 Correa Media Gro

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workshops and a consultant at www.tennisgate.com He is a member of the International Tennis Federation Coaches Commission and an avid competitor who in 2016 was ranked fifth in the 55 and over ITF world rankings Throughout his career Edgar has worked with hundreds of players of all ages from beginners to professionals Currently he lives in Connecticut directing the Norfolk Country Club and is involved in coaching education worldwide

Tennis Training Mark Kovacs, W. Britt Chandler, T. Jeff Chandler, 2007 Filled with action photographs to illustrate the exercises and techniques this book distills contemporary scientific research into easily accessible principles for designing and implementing tennis training programs Sample programs provide a highly targeted efficient practical and individualized framework for every competitive level including junior collegiate professional adult and senior Science is brought to the court with clarity and precision informing and transforming on court performance

The inner game of tennis W. Timothy Gallwey, 2008

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