



JULIEN
VENESSON

Préface de
Michael GOMOLL

NUTRITION DE LA FORCE

PRISE DE MUSCLE, GAIN DE FORCE,
PERTE DE POIDS, SÈCHE...

OPTIMISER L'ENTRAÎNEMENT
AMÉLIORER LA RÉCUPÉRATION
SE PRÉPARER À LA COMPÉTITION

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Nutrition De La Force

David Baud

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