



KETTLEBELL

8 8 1 1 8 1 0 0 0 0
QUINTO EDIZIONE 2014

KETTLEBELL

IL CORRETTO UTILIZZO DELLE CHINE
PER UN ALLENAMENTO EFFICACE E MOTIVANTE

di CARLO DI GIACOMO
MANUALE TECNICO



MANUALE FITNESS ACADEMY
EDIZIONE CENTRO STUDI LA TORRE



Kettlebell Manuale Italiano

Anthony S. Fauci



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