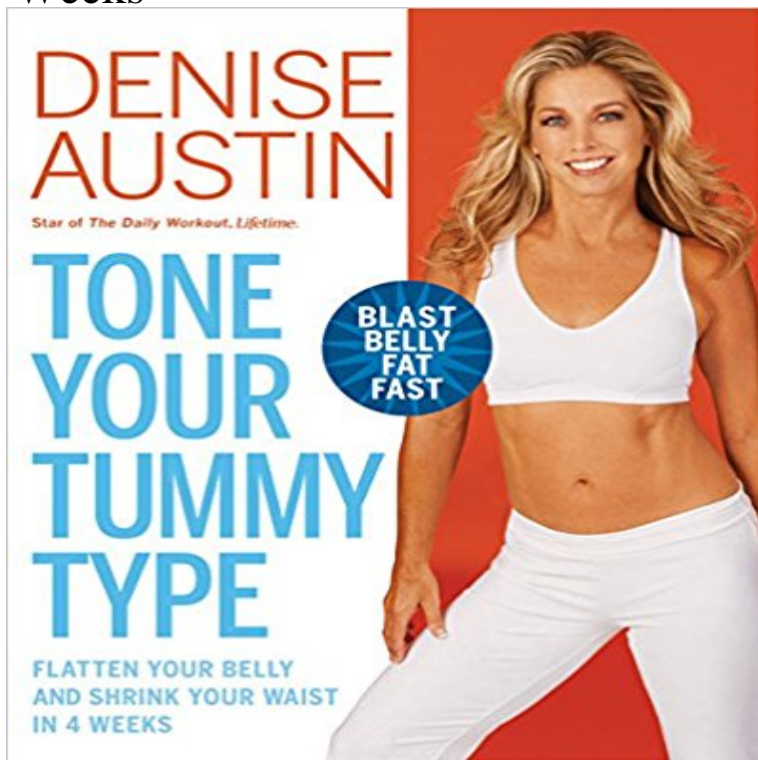


Tone Your Tummy Type: Flatten Your Belly and Shrink Your Waist in 4 Weeks



Every woman yearns for a tight tummy and a narrow waist-and in this breakthrough target-toning book, bestselling author and fitness guru Denise Austin gives women the weapons they need to win the war against even the most stubborn belly fat. All belly bulge is not created equal! Women gain abdominal fat for five very different reasons. To effectively shrink belly fat, a woman must first distinguish her individual Tummy Type--and then do the exercises that work for that type. The book features a cutting-edge program--combining nutrition, fitness, and lifestyle advice--that works to blast away belly fat faster and more effectively than ever before. A 4-week weight-loss plan complete with recipes and shopping lists. Inspiring success stories with before-and-after photographs. The remarkable motivational skills that have made Denise Austins top-rated Lifetime fitness shows Fit & Lite and The Daily Workout so enormously popular. Women of all ages at all stages of life will find the right program for themselves in these pages--and there's even a bonus chapter for men!

Et les renforts arrivent encore Bon ça sera la dernière revue de troupes de la semaine. Donc on arrive à 300 figurines il en reste donc 420... mais ça va ça avance bien. Je m'amuserais surtout sur les petites pièces. Là c'est du monobloc donc même si la ligne de moulage est visible -donc il faut barber presque tout le tour de la figurine... oui oui.- Comme chaque début de défi, je suis dans les temps, limite mieux qu'espérer. Mais par expérience je sais que c'est le creux du défi qui m'est fatal donc on verra quand j'aurais tout barbe :) Publié par CdtK à 17:37 4 commentaires: Liens vers cet article Envoyer par e-mail BlogThis! Partager sur Twitter Partager sur Facebook Partager sur Pinterest Libellés : Blabla lundi 1 août 2016 Revue des troupes Bon juste une petite photo pour montrer que je passe à l'infanterie. j'adore l'barbage. Oui certains diront que ça fait parti du hobby mais c'est vraiment ce que je teste le plus. Et puis là c'est de l'industriel. Publié par CdtK à 17:06 2 commentaires: Liens vers cet article Envoyer par e-mail BlogThis! Partager sur Twitter Partager sur Facebook Partager sur Pinterest Libellés : Blabla vendredi 22 juillet 2016 Pour une poignée de trous en plus Voilà les plaquettes de 6cm ont été percées... 1200 trous... oui oui. 1200 trous dans du plexi -vous savez le truc qui se colle une fois sur deux sur la machine. Mais voilà pour les 6cm c'est fini et je verrais pour les 8cm de front plus tard -je dirais fin août-. Mais quoi ça correspond? Donc dire des trous c'est bien mais ça renseigne pas beaucoup alors 1200 trous c'est : 594 soldats -de l'ager à lourd- 231 cavaliers et 24 canons avec 4 artilleurs. Oui monsieur. Bon alors je suis désolé de ne pas avoir plus de soldats à pied. C'est pas super grave, je doute que toutes les plaquettes soient un jour sur la même table. Mais bon quand on voit que pour 30€ -3 plaquettes- j'ai pu faire celle là et autant en 8cm, ça va. Il faut voir ce que cela m'aurait coûté dans le commerce. On y rajoute le prix des aimants -15€ les 1000 fdpin- et j'ai quand même un très bon rapport qualité-prix par rapport à ce que je recherchais. Il le reste à barber les

trous pour y glisser l'aimant et ça sera parfait je pourrais retourner mes figurines. Publié par CdtK 09:52 2 commentaires: Liens vers cet article Envoyer par e-mail BlogThis! Partager sur Twitter Partager sur Facebook Partager sur Pinterest Libellés : 28mm, Blabla jeudi 14 juillet 2016 florian.bardi. Thème Voyages. Images de thèmes de Storman. Fourni par Blogger.

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