



## The Viking Workout

A 6-week Full-Body Workout Programme

Authors: Rémi Ragnar (Text) - Fred Goudon (Photographer)

Publisher : First

Category : Practical Books

Genres : Sports/Games

Keywords : Training - Viking - Fitness - How-to - Uprooting

Try out the Viking method with this exclusive program!

The Viking workout is a muscle-development program for bulking up or rebuilding muscles in just 6 weeks, thanks to simple, fully illustrated, and detailed exercises. At the gym or at home without equipment, this programme is suitable for everybody: men, women, beginners, people recovering from pregnancy or trying to integrate exercise into their lives.

Date : 20/01/2022

Pages : 192

Format cm : 20 x 25

Prix : 14.95

EAN : 9782412073384