



Fettkiller Biken: Roll dich schlank (German Edition)

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Roll dich schlank: So holst du aus deinem Rad das meiste raus, wenn du abnehmen willst! FIT FOR FUN gibt dir den notwendigen Anshub, mit dem du den inneren Schweinehund ausbremsst:

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- So „pimpst“ du deine täglichen Fahrten: Über 100 Prozent mehr Verbrauch auf nur 6 Kilometer Strecke
- Mach den Check für dein Rad dieses Jahr doch einfach mal selbst: Mit unseren Inspektionstipps
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