



# LA MUSCULATION EFFICACE

de Vinc  
"Je l'ai fai



[Fermer]

**FELICITATIONS !**

VÉRIFIEZ VOTRE E-MAIL

**L'« Espoir » des Gringalets s'avance et démasque la conspiration du monde de la musculation et des compléments alimentaires et vous révèle pourquoi ce n'est pas votre faute si vous êtes toujours un « hardgainer » ...**

« Vous croyez tout savoir sur la musculation ?  
Détrompez-vous !

Si vous saviez vraiment comment obtenir des muscles surpuissants, vous ne seriez pas en train de payer pour des compléments alimentaires, des compléments alimentaires de mauvaises

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