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Sissy ? Un esprit strong

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YouTuber, bodybuilder, model, entrepreneur, author, and social media influencer who is best known for her self-titled YouTube channel where she posts content around the themes of fitness, lifestyle, nutrition, and workout routines, and where she has garnered more than 1.8 million subscribers. She has built a strong fanbase on

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other social media
platforms as well with
more ...

Sissy MUA Height, Weight, Age, Body Statistics

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? Sissy Mua, sa méthode, son programme, son parcours. L'icône youtube du fitness français livre ses conseils de fille au mental d'acier et au corps d'athlète dans un livre photo à l'esthétique sport, léchée, sombre. Qu'est-ce qui destinait Sissy à devenir la fitness influencer au 1 milli...

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Le Sissy Fitness Body Book de Sissy Mua est très bien construit.. La 1ère partie du livre se consacre à une présentation de la jeune fitgirl et à des conseils en nutrition et musculation. Les 20 règles d'or pour accompagner son programme sportif.. La 2ème partie du livre se

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lifestyle. Sharing her experience of training and her knowledge of nutrition, from her biological engineering with a specialization in nutrition background, she motivates and educates through her videos and training program.

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Sissy workout So, I've

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spent the last three months seriously trying to get in shape for the summer. And I've lost a load of weight, but it clearly wasn't enough for Charlotte.

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