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Le Top Body Challenge 2 Ã©tant un peu diffÃ©rent du 1er j'ai eu envie de refaire encore une fois un article pour partager avec vous mes impressions, rÃ©sultats etc. Tout d'abord ce guide est la continuitÃ© du 1er Top Body Challenge. Il n'est pas du tout prÃ©vu pour "retrouver la forme", en bref pas prÃ©vu pour les dÃ©butants .

Mes rÃ©sultats et mon avis sur le Top Body Challenge 2

Le top body challenge ou TBC Ã© mis au point par la jolie Sonia Tlev qui pratique le fitness depuis 2010 elle publie des minis vidÃ©os d'exercices sur son instagram ainsi que sur youtube elle a dÃ©cidÃ© de crÃ©er son programme sportif.

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