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Sissy, Gymshark Women Athlete and face of France bring together a community of almost 2 million people, following the same passion for fitness and living a healthy lifestyle. Sharing her experience of training and her knowledge of nutrition, from her

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biological engineering with a specialization in nutrition background, she motivates and educates through her videos and training program.

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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...

## **Sissy test**

Sissy MUA is a French 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 other social media platforms as well with more ...

## **Sissy Fitness Body Book**

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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 consacre aux trainings concoctés par Sissy décomposés en 3 programmes:

### **Caitlin's Diary: Sissy workout**

Sissy ? Un esprit strong dans un corps strong ? Vidéos fitness & lifestyle tous les dimanches ! Retrouve moi sur tous les réseaux @sissymua et sur [www.trains...](http://www.trains...)

### **Sissy MUA Height, Weight, Age, Body Statistics**

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