



performance&nutrition

Milan, Italy

INSTAGRAM MOBILE



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performance&nutrition Performance&Nutrition was born with the idea of helping people under the two main aspects of the world of physical activity: training and nutrition 🏆 And you? Are more diet or workout team? Let us know in the comment 📩

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Here is a photo to finally show you our new, cosy and stylish fitness boutique ✨

Performance&Nutrition was created with the idea of pushing every limit to achieve any result 🎯, which is why we have included areas dedicated to all types of training, including: ... [See more](#)



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Here is a photo to finally show you our new, cosy and stylish fitness boutique ✨

Performance&Nutrition was created with the idea of pushing every limit to achieve any result 🎯, which is why we have included areas dedicated to all types of training, including:

- ◆ free body
- ◆ cardio
- ◆ weight room
- ◆ all major types of fitness machines

What about you? Which is your favourite training area?

Let us know in the comments 📩



6

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