

trusted online casino malaysia

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trusted online casino malaysiattrusted online casino malaysia voo pra cima!</p><p> Controls mine videogame : ppt -us; Article</p>

<p></p><p>Barcelona</p><p>1994 World Cup</p><p>In a 2024 documentary film on his life, Diego Maradona, Maradona confessed that his weekly regime consisted of 💸 "playing a game on Sunday, going out until Wednesday, then hitting the gym on Thursday." Regarding his inconsistent training regimen, 💸 the film's director, Asif Kapadia, commented in 2024: "He had a metabolism. He would look so incredibly out of shape, 💸 but then he'd train like crazy and sweat it off by the time matchday came along. His body shape just 💸 didn't look like a footballer, but then he had this ability and this balance. He had a way of being, 💸 and that idea of talking to him honestly about how a typical week transpired was pretty amazing." He also revealed 💸 that Maradona was ahead of his time in the fact that he had a personal fitness coach Fernando Signorini 💸 who trained him in a variety of areas, in addition to looking after his physical conditioning, adding: "While he 💸 [Maradona] was in a football team he had his own regime. How many players would do that? How many players 💸 would even know to think like that? 'l'm different to anyone else so I need to train at what I'm 💸 good at and what I'm weak at.' Signorini is very well read and very intelligent.

He would literally say, 'This 💸 is the way I'm going to train you, read this book.' He would help him psychologically, talk to him about 💸 philosophy, and things like that."[187][188] Moreover, Maradona was notorious for his poor diet and extreme lifestyle off the pitch, including 💸 his use of illicit drugs and alcohol abuse, which along with personal issues, his metabolism, medication that he was prescribed, 💸 and periods of inactivity due to injuries and suspensions. led to his significant weight ga