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Malibu Pilates Basics Mastering The Fundamentals And Sculpt And Tone Long, Lean And Sexy DVD



Synopsis

Great workout DVD!

Book Information

DVD

Publisher: Malibu Pilates (2011)

ASIN: B008E9T0FA

Product Dimensions: 7.5 x 5.3 x 0.6 inches

Shipping Weight: 2.4 ounces

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #1,778,789 in Books (See Top 100 in Books) #292 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates

Customer Reviews

I definitely recommend this workout. I've been doing Pilates on and off for a few years. Recently I've had trouble with my mid section and arms. I've been doing this workout with the Pilates chair for about a month and it's exciting to see the quick results. All it takes is about 20 minutes of your time with not much effort or sweat. I definitely recommend and encourage you to try it!

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Yoga, Dance, and Pilates Discovering Pure Classical Pilates: Theory and Practice as Joseph

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