

15 Minute Everyday Pilates (Book and DVD)

Alycea Ungaro



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No time to exercise? No problem! DK's new 15-Minute Fitness series gives you all the tools you need to squeeze regular exercise into your life. This fantastic new format offers: four detailed gatefolds for easy, step-by-step instruction; a DVD to walk you through each routine; and a fully-illustrated, fully-annotated book to help you perfect your technique. Choose one of four complete mini-workouts each day to target a specific part of the body, and to strengthen, stretch, and build your way to a more toned, more healthy you.

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