

New York City Ballet Workout: Fifty Stretches And Exercises Anyone Can Do For A Strong, Graceful, And Sculpted Body By Peter Martins

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5 stars. "An Excellent Guide to Flexibility" I am not a dancer, but this book has taught my body to be more flexible. Non-dancers in general are tense and tight, not

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New York City Ballet Workout is a carriage, and most importantly exercise and stretches that do not bulk up the body. The accompanying tips Peter Martins

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The New York City Ballet Workout offers is a great program combining toning, flexibility and even a little cardio with the ballet combinations and "little jumps

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