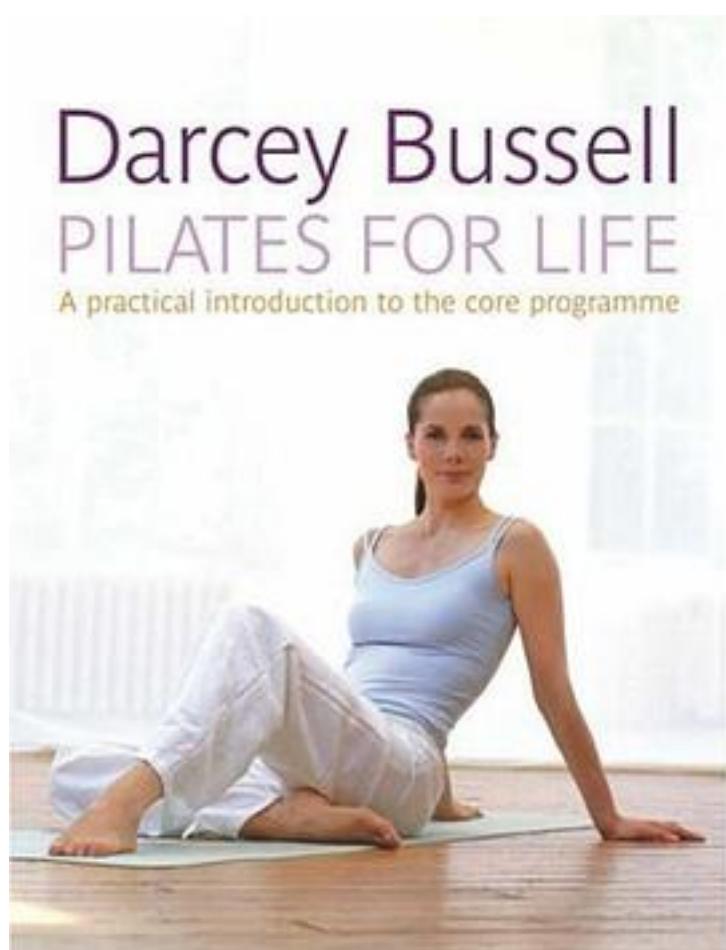


Pilates for Life



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著者:Darcy Bussell

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Firm, slim stomach. Fantastic posture. Strong, lean muscles. Clear, relaxed mind. Just four of the amazing results you will see and feel if you take up Pilates. And who better to introduce you to this fabulous form of exercise than a woman who has practised

Pilates as part of her professional training ever since the beginning of her incredible ballet career? Darcey Bussell is passionate about Pilates and her introduction to the core programme is the easiest, clearest and most encouraging available. Beautifully designed throughout and immensely practical in its detailed attention to each exercise, it is the perfect combination - aspirational and achievable. Darcey quite simply loves it, and anyone who picks up the book will too.

作者介绍:

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标签

评论

Nice one, not sure why it was categorized as 'books' though.....at least mine is DVD.....

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书评

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