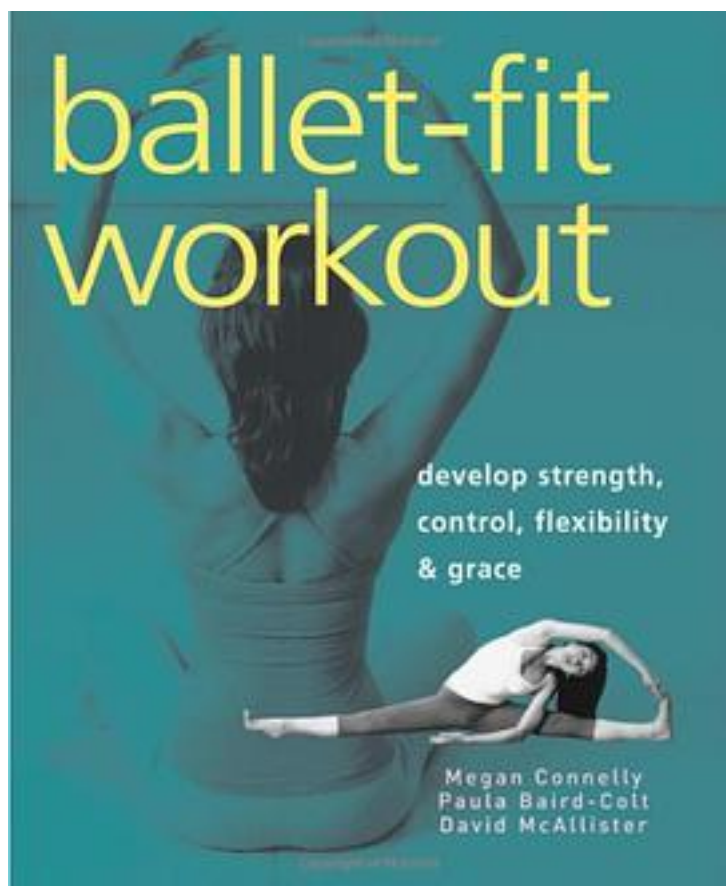


Ballet-Fit Workout



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著者:Connelly, Megan/ Baird-Colt, Paula/ McAllister, David

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Not everyone can have the body of a dancer, but the program in Ballet-Fit Workout shows how to achieve many of dancers' desirable physical attributes: a strong, flexible spine; a toned, stable midsection; shapely, defined muscles; and sleek, graceful posture. Written for people with no formal ballet training, this book uses clear, jargon-free explanations and detailed photos to teach the fitness techniques utilized

by world-class dancers. Optimal health is the focus throughout Ballet-Fit Workout, and the author shows how classic dance training not only reshapes the body but also teaches mental focus and leads to a calm, refreshed mind.

作者介绍:

目录:

[Ballet-Fit Workout_下载链接1](#)

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