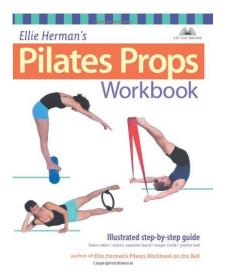
Ellie Herman's Pilates Props Workbook: Illustrated Step-by-Step Guide (Dirty Everyday Slang) PDF



by Ellie Herman : **Ellie Herman's Pilates Props Workbook: Illustrated Step-by-Step Guide (Dirty Everyday Slang)** ISBN : # | Date : 2009-06-01 Description :

PDF-9a6e2 | AMPLIFY YOUR PILATES WORKOUT USING PROPSPilates gets even better when paired with these simple accessories. Pilates expert Ellie Herman shows how to intensify and enhance your matwork routine:•The elastic exercise band increases resistance•The ethafoam roller creates stability challenges•The Magic Circle gives a great inner thigh workoutEach movement is explained with clear captions and eas... *Ellie Herman's Pilates Props Workbook: Illustrated Step-by-Step Guide (Dirty Everyday Slang)*

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