

Synopsis

Great workout DVD!

Book Information

DVD

Publisher: Malibu Pilates (2011)

ASIN: B008E9T0FA

Product Dimensions: 7.5 x 5.3 x 0.6 inches

Shipping Weight: 2.4 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #1,778,789 in Books (See Top 100 in Books) #292 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates](#)

Customer Reviews

I definitely recommend this workout. I've been doing Pilates on and off for a few years. Recently I've had trouble with my mid section and arms. I've been doing this workout with the Pilates chair for about a month and it's exciting to see the quick results. All it takes is about 20 minutes of your time with not much effort or sweat. I definitely recommend and encourage you to try it!

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Malibu Pilates Basics Mastering the Fundamentals and Sculpt and Tone Long, Lean and Sexy DVD
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For Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle,
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Bikini Countdown: Tone your butt, abs, and thighs fast combining Pilates with select strength and
cardio interval training workouts Jennifer Kries' Pilates Plus Method: The Unique Combination of
Yoga, Dance, and Pilates Discovering Pure Classical Pilates: Theory and Practice as Joseph

Pilates Intended - The Traditional Method vs. The Lies for Sale The Pilates Arm Chair (The Pilates Equipment) (Volume 2) Sinner's Paradise (Sexy BWWM Romantic Suspense) (Tate Valley Sexy Suspense Series Book 3) Now or Never (Sexy BWWM Romantic Suspense) (Tate Valley Sexy Suspense Series Book 1) Chasing Forever (Sexy BWWM Romantic Suspense) (Tate Valley Sexy Suspense Series Book 2) The Badass Body Diet: The Breakthrough Diet and Workout for a Tight Booty, Sexy Abs, and Lean Legs Lean in 15: 15-Minute Meals and Workouts to Keep You Lean and Healthy Summary - Lean In: Sheryl Sandberg - Women, Work, and the Will to Lead - A Complete Summary (Lean In: A Complete Summary - Paperback, Audiobook, Audible, Hardcover, Book, Summary, 15 for Graduates) The Power Of Intermittent Fasting: Discover Effortless Abs Diet giving you greater Mental toughness, quick Fat Loss and no Cardio, enabling Lean Muscle-Building!: Abs workout for lean belly included! The Lean Toolbox: The Essential Guide to Lean Transformation

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