

Pilates For Dummies By Ellie Herman

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She trained with Ellie Herman, author of many Pilates manuals and books, including “Pilates for Dummies.” Martina's approach uses Pilates as a workout as

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Welcome - michelle dozois fitness

she has sold over 4 Million DVDs, including "Peak 10", "Your Body Breakthru", "Pilates for Dummies" and the "Original 10 Minute Solution" series. More About

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