

Yoga and Pilates| firm fit and flexible



SUITABLE FOR ALL LEVELS OF FITNESS

This internationally acclaimed exercise system combines pure organic fusion of the core firming dynamics of Pilates with the stretching postures and meditative aspects of Yoga, for the ultimate workout for your mind and body.

Focusing on strengthening and stretching, Yoga and Pilates Firm, Fit and Flexible will elongate and tone your muscles, enhance your body shape improve your posture and detoxify your system. Broken down into three easy to follow sections specifically

designed to firm your stomach, sculpt your buttocks and thighs, it is the definitive full body workout. As well as a relaxation section there is also a bonus partner or solo stretching section to ensure you gain maximum results.

Yoga and Pilates Firm, Fit and Flexible is your path to a stronger more youthful body a flexible mind, that will restore health and increase physical vitality, balance your nervous system leaving you with a calm sense of wellbeing... Enjoy!!!!

"It not only makes me look better but also feel so much better." WENDY BARBE

"Since buying Yoga and Pilates I have managed to lose 9lbs and I have toned my whole body."

BETH CROWTHER

WARM UP
WORKOUT 1 - UPPER BODY MATWORK
WORKOUT 2 - LOWER BODY MATWORK

WORKOUT 3 - STANDING, RELAXATION
BONUS PARTNER YOGA AND PILATES
STRETCHING

WARNING: THIS PROGRAMME AND THE EXERCISE ROUTINES CONTAINED WITHIN IT MAY NOT BE SUITABLE FOR EVERYONE. THE EXERCISES, STRETCHES AND LOWER EXERCISE ROUTINES MAY RESULT IN INJURY. WE RECOMMEND THAT EVERYONE UNDERTAKE A FITNESS TEST TO ASSESS THE LEVEL OF WORK THEY ARE CAPABLE OF. STRETCHING AND TO CONSULT WITH THEIR DOCTOR BEFORE BEGINNING THE WORKOUT OR ATTEMPTING ANY OF THE EXERCISES DEMONSTRATED IN THE DVD. PREGNANT WOMEN SHOULD NOT USE THIS DVD. THIS DVD IS EXCELLENT FOR POST NATAL WOMEN BUT THEY SHOULD STILL BE CAREFUL AND CONSULT THEIR DOCTOR BEFORE BEGINNING THE EXERCISES DEMONSTRATED IN THE DVD. PRODUCED FOR MOMENTUM PICTURES BY NOCK WILLIAMS, DIRECTED BY LYNDAI DAVIES.



LANGUAGE: ENGLISH
Running Time: Approx. 1 h 25 min

SOUND: DOLBY DIGITAL STEREO

ASPECT RATIO: FULL SCREEN
CLOSED CAPTION: ENGLISH



momentum
PICTURES

DOVER
DIGITAL
Produced and Directed by Lyn Dai Davies



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KJ Lindholm-Leary



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