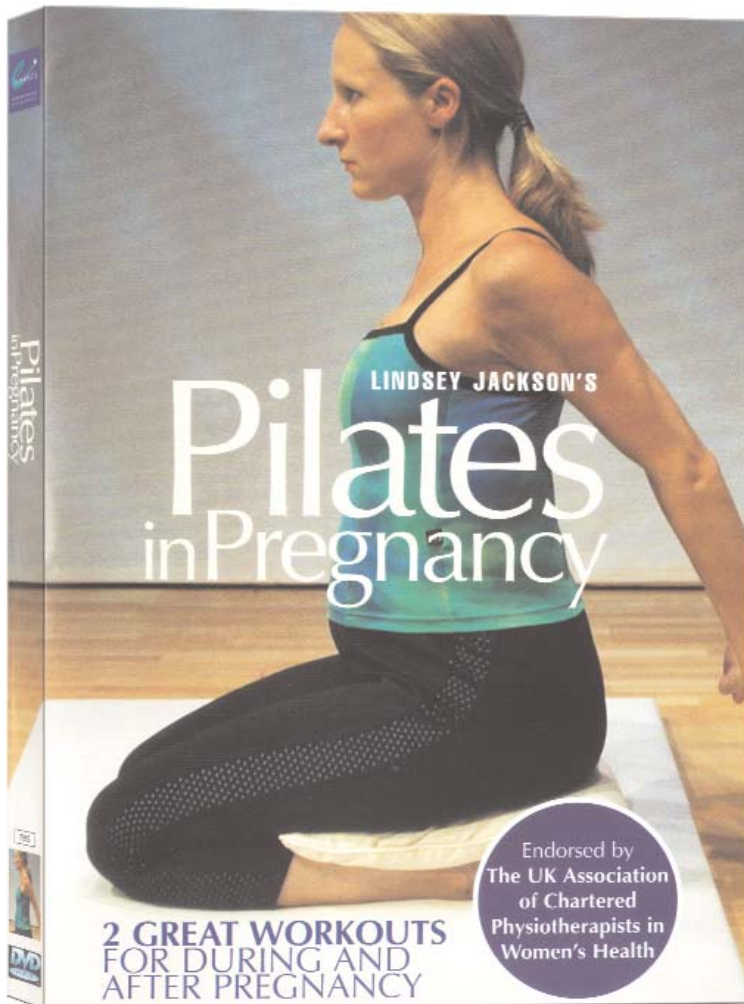


EXCLUSIVE
 DVD PRODUCT!

PILATES IN PREGNANCY



| | |
|--------------|--------------|
| Selection # | EDD02049 |
| UPC: | 022891204992 |
| Prebook: | 06/15/04 |
| Street Date: | 07/13/04 |
| Retail | \$29.95 |
| Run Time | 82 Minutes |
| Box Lot | 30 |
| Label | QUANTUM LEAP |
| Audio | AC3 |

If you are preparing for pregnancy, are pregnant or have just had a baby and want to get back into shape then this program will make all the difference.

Everything you need to prepare for a healthy pregnancy, enjoy a healthy pregnancy or get back into shape after pregnancy, safely and effectively. And it doesn't matter if you have never done Pilates before, this program is suitable for all students...but don't take our word for it - read what the health professionals say! With a warm up, two different workouts and a section on post birth exercises, you can create a stronger body and support it to cope with the physical changes of pregnancy by developing safe posture and movement. Lindsey also teaches you how to regain deep muscle tone and flatten your tummy after having your baby.

"Fabulous program, the flow is natural and cueing excellent, thrilled to hear you speak about the TA, especially essential for postpartum women congratulations on a thoughtful, thorough, well done program, your DVD is far better than videos I got from Susan Picot and Mari Windsor"

- Jessi Herr, USA Pilates Instructor, DOULA

"If there are any exercises you should do during pregnancy, these are the ones"

- Jane Wake, Health and Fitness Magazine

"Ideal workout for mums-to-be for all the best moves check out Pilates in Pregnancy"

- Zest Magazine

"I will be recommending the video to all my ante-natal classes it fills a gap in the market"

- Eileen Brayshaw-Physiotherapist

"Gentle and simple yet effective helped relieve my back pain"

- Julie Driscoll 6 months pregnant, Pregnancy Magazine

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