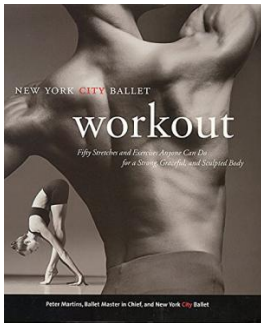


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## NEW YORK CITY BALLET WORKOUT : FIFTY STRETCHES AND EXERCISES ANYONE CAN DO FOR A STRONG, GRACEFUL, AND SCULPTED BODY



William Morrow & Co, New York, NY, 1997. Soft Cover/Wrap-around. Condition: New. Dust Jacket Condition: None as Issued. Paul Kolnik & Richard Corman (Photographers) (illustrator). First Edition, 4th Printing. BRAND NEW Copy. Fitness program Ballet Master-in-Chief Peter Martins and the New York City Ballet Company combine low-impact elements of ballet dancers' daily routines of strength building exercises to help people of all ages and fitness levels to tone the body. The distilled 50 exercises are illuminated w/some 300 photographs for...

**Read PDF NEW YORK CITY BALLET WORKOUT : Fifty Stretches and Exercises Anyone Can Do for a Strong, Graceful, and Sculpted Body**

- Authored by Martins, Peter; with Howard Kaplan
- Released at 1997



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