



NYC Ballet Workout: Fifty Stretches And Exercises Anyone Can Do For A Strong, Graceful, And Sculpted Body

Peter Martins

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New York City Ballet Workout is a revolutionary fitness program that will help you begin to develop lean abs, firm buttocks, a contoured waist, sculpted legs, slim thighs, strong arms, perfect posture, flexibility you never thought possible--and grace and poise of a dancer. More than three hundred stunning step-by-step and other photographs throughout make this the most beautiful and easy-to-use exercise book ever created. This elegant book is unlike any exercise book ever published. Graced with more than 300 instructional exercise photographs and extraordinary duotone portraits of New York City Ballet dancers, *The New York City Ballet Workout* explores the company's philosophy of balancing art, life, and fitness.

By combining elements of New York City Ballet's balletic regimen with practical strength-building exercises, *The New York City Ballet Workout* can help people achieve a strong, graceful, and flexible body--one that displays the impeccable poise that is the trademark of New York City Ballet dancers.

Many exercises of *The New York City Ballet Workout* were once confined to the world's elite rehearsal studios. Now, as refined by Peter Martins and his company, these exercises have been designed as a comprehensive, holistic approach to the body that can be used by anyone from the out-of-shape to the serious athlete, to attain a lean, hard, beautiful body. From flexibility to endurance, this is a complete exercise program for men and women.

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