

Presented by **Millie Dobie**

Quick RESULTS PILATES WORKOUT

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Four short, compact but very different workouts that leave you with the satisfied feeling of a longer program whilst giving you real results. Designed for busy people, these Pilates based workouts can fit into your schedule at any time of the day.

Fat burning, tone & condition, posture and pure stretch...a workout to suit your mood, schedule and time restrictions.

Pick one workout, combine sections or simply play straight through the DVD for a fuller workout. This versatile programme will satisfy all your needs.

Those of you who struggle to find time for lengthy workouts but want fast results will find this is the Program for you.

Short workouts – Great results!

Quick RESULTS PILATES WORKOUT

4 Quick Workouts

- Fat Burning
- Tone & Conditioning
- Posture
- Pure Stretch

Millie Dobie, if you are suffering from any medical conditions you should always consult with your doctor first before taking part in this programme.

Directed by **Rod Rodrigo** Produced by **Ken Gray**
Executive Producer **Rod Rodrigo**

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It's quick and gives amazing results!

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