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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: 2008 Publisher: Dalian Audiovisual Press Editor's Choice will fantasy of every woman he is dancing elves. the melody of the Swan dance slowly began to sound. light and dance. the most is that the toe little style . dream of success! The ballet's greatest advantage is the wide adaptation. anyone can participate. ballet shoulder and arm action. especially for white-collar office to the relaxation of tension in the shoulders and back. In addition. the practice of ballet is not only a very short time to enhance temperament. but also allows you to get rid of the fat in the unwittingly. The ballet is an anaerobic exercise. basic movements of ballet training content. general fitness bodybuilding efforts unmatched open jump straight three elements of ballet. Ballet movement strength is not great. but more emphasis on muscular endurance and flexibility of the body. but also require the details in place. Adult ballet movement is done by the muscles against. with particular emphasis reflects the harmony and beauty of the full stretch. The Introduction ballet Basics about the benefits of practicing ballet. Urban white-collar workers. ballet lovers. as well as weight loss desire or want to improve temperament can actively practice. Whether you are the pursuit of external beauty of the body. or the inherent temperament beauty of ballet can make you beautiful and impeccable. 01 ready to practice 02 barre exercises Four Satisfaction guaranteed, or money back.



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