



Pilates and Pregnancy: A Workbook for Before, During and After Pregnancy W/DVD

Sarah Picot

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From the creator of the award-winning Prenatal and Post-natal Pilates DVD comes *Pilates and Pregnancy*. Unlike other pregnancy exercise books, Sarah Picot's Pilates and Pregnancy workbook is interactive and combines an exercise workbook with a pregnancy journal. Write a letter to your unborn baby, keep track of prenatal test results, read fun facts about your pregnancy all while staying toned, preparing your body for labor and getting your figure back faster after delivery.

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