

**15-minute Everyday Pilates: Four 15-Minute Workouts: Get Real Results  
Anytime, Anywhere Four 15-minute Workouts (15 Minute Fitness)  
[Flexibound]**

**By Alycea Ungaro**

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**15- minute Everyday Pilates: Get Real Results -**

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**15- Minute Everyday Pilates: Get Real Results -**

Get Real Results Anytime, Anywhere Four 15-minute workouts, Alycea Ungaro is a licensed physical therapist and runs the Real Pilates Studio in New York City.

**Alycea Ungaro - 15 Minute Everyday Pilates Sample -**

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**Prices for Pilates Body in Motion -**

by Alycea Ungaro. ISBN: 0789484005, 9780789484000. Publisher: DK ADULT. Publication Date: 2002-02-20. Document Type: Paperback

**Real Fitness -**

Real Fitness Get Real Results Anytime, Anywhere Four 15-minute Ungaro, Alycea,

**15 Minute Everyday Pilates - Barnes & Noble -**

True to classical Pilates. This is a great informative Book and DVD. I really enjoyed the fact that each and every move is shown in great detail and has references

**Slideshow: 15 Pilates Moves That Get Results - -**

15 Pilates Moves That Get Results. Alycea Ungaro, author of 15 Minute Everyday Pilates, Alternate for a total of four sets on each side.

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**15 Minutes Everyday Pilates (Alycea Ungaro) -**

15 Minutes Everyday Pilates (Alycea Ungaro) is a DVD which contains four 15 minutes programs. You can mix and match or do each exercise separately.

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15 Minute Everyday Pilates has 18 ratings and 2 reviews. No time to exercise? No problem! DK's new 15-Minute Fitness series gives you all the tools you n

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