



dance is her passion and after dancing and touring professionally for 10 years, she decided to make a change in her life. she created ballet beautiful to help people feel confident in their bodies and have fun while they work out. she now lives in manhattan with her husband and two children. click here to watch to see more. as a best seller in ballet workout dvds, many of you have bought the ballet beautiful workout. so lets do it and train like a ballerina to get the beautiful body figure. you just need to follow the recommended training plans and diets. as mary helen bowers recommend, no matter how driven or excited you are, you only need to spend 1 hour/day on ballet beautiful, 5 6 days/week. the rest day is for recovery and its important and does not skip it. then you can get the obvious result on your body figure (including inner thighs, butt, back of the legs, arms and upper body) in about one month. i love ballet workouts. as it is with you, it brings me right back into rhythmic gymnastics days. who knew id miss them! haha! im pretty sure you know what i mean, because back then it seemed like a torture ahahah (but i guess, its the same thing as taking a nap at kindergarten). that wrap looks godly! oh and i gave up chocolate and cookies for lent but that coockie looks veeeeerrrryyy good gulp lol! however, changes run faster than plans. theres always something that may interrupt the training schedule, for example, you are in travel, business trip. but you cant take the dvd player or discs with you all the time. in these circumstances, to convert ballet beautiful dvd to digital videos and stream them to your phone, tablet, laptop or other portable devices is a perfect solution. then you are able to follow the workout anytime and anywhere. and here will recommend you the most professional dvd transcoder.

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