



Equi-Stretch Seated Workout DVD (Equi-Stretch Home Workout DVDs, Volume 3)

Dan Weltner, Kristi Weltner Redd

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The Creators of EQUI-STRETCH Level One and Level Two, proudly present EQUI-STRETCH The Seated Workout. In this edition, Dan Weltner instructs a stationary 20 minute home workout, tailored to riders and non-riders alike. As an introductory fitness routine or a cross training device, this volume explores a non-impact fitness alternative. Tone Upper Body Improve Coordination Stabilize Core Muscles Challenge Postural Endurance Engage Mind-Body Connection

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