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15 Minute Stretching Workout: Book by Martin Suzanne She has four different 15 minute stretching routines on the DVD and pictures and instructions in

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Suzanne martin - dk publishing

Suzanne Martin. Suzanne is the lead physical therapist for the Smuin Ballet in San Francisco and now lives in California. 15 Minute Stretching Workout

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Suzanne Martin 15 Minute Stretching Workout + DVD Category: Stretching Publisher: DK ADULT; 1 Pap/DVD edition (December 7, 2009) Language: English

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15 minutes of stretching exercises to keep fit

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The book is great and extremely helpful. I highly recommend it. However, in an attempt, the DVD seems to squeeze the workouts down to 15 minutes by going through

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