

# **Pelvic Power: Mind/Body Exercises For Strength, Flexibility, Posture, And Balance For Men And Women By Eric Franklin**

**By Eric Franklin**

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Pelvic Power for Men and Women Mind/Body Exercises for Strength, Flexibility, Posture and Balance

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Eric Franklin is the author of Conditioning for Dance (4.12 avg rating, 105 ratings, 8 reviews, published 2003), Pelvic Power (4.09 avg rating, 54 rating

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