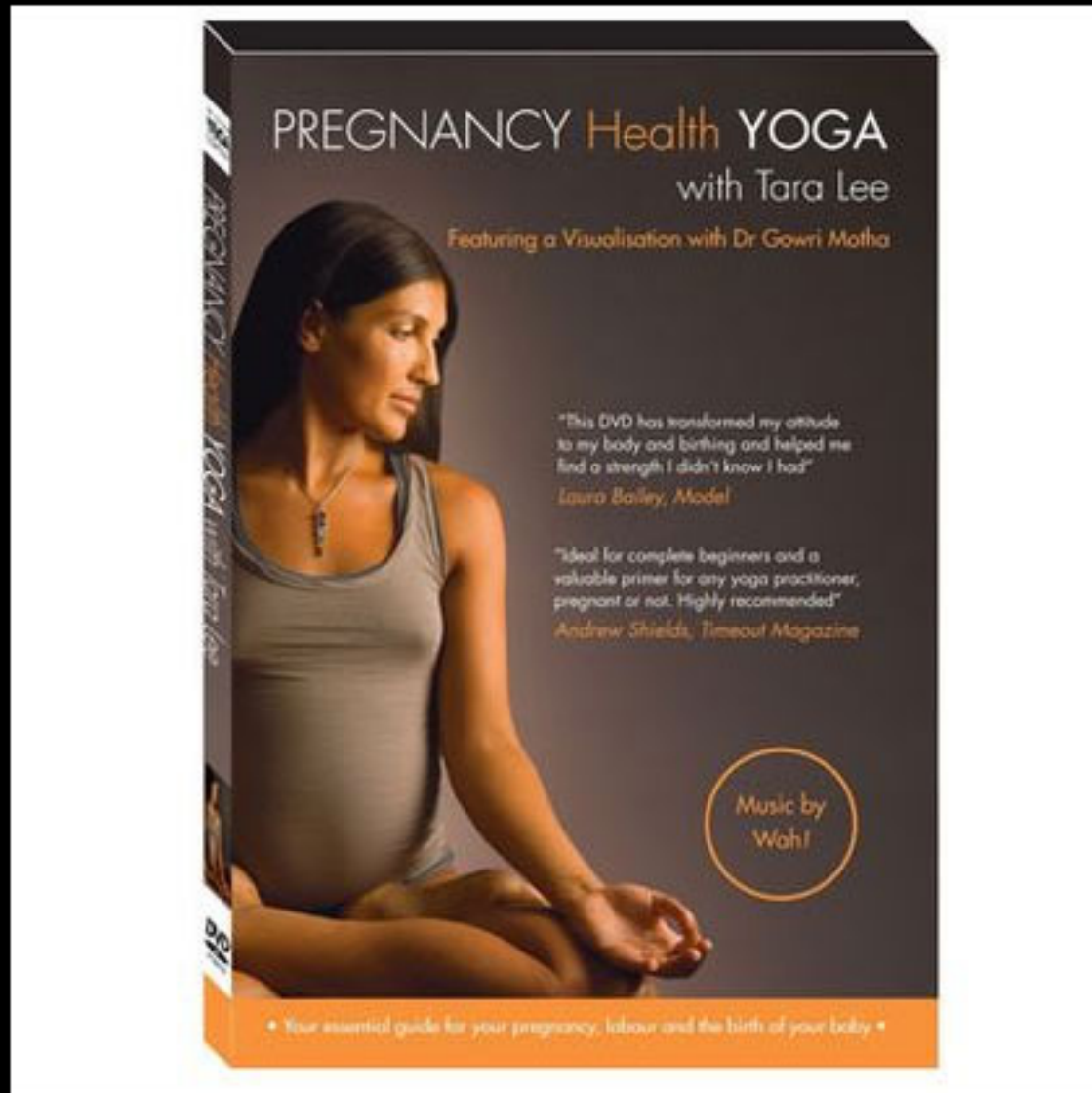




The ten best fitness DVDs

Tone up, slim down, and even give your face a workout - all in total privacy at home. Step One: Lift TV remote...



◀ 2/10 ▶

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2. Pregnancy Health Yoga with Tara Lee
This comprehensive pregnancy yoga DVD has a choice of practices to energise, strengthen and relax. A follow-up DVD on post-natal yoga has a section dedicated to pelvic floor exercises.
RRP: £14.99

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