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By Eric Franklin**

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Mind-Body expert Eric Franklin emphasizes lifestyle and movement and imagery exercises. Pelvic Power demonstrates how to for both men and women.

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research on the male pelvic floor has made it abundantly clear how Pelvic Power: Mind/Body Exercises for Strength, Flexibility, Posture and Balance. by Eric

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Eric franklin (author of conditioning for dance)

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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Pelvic power franklin method

we show in detail how each pelvic power exercise is performed to the mind & body videos; the pelvic power Eric Franklin is the founder and creator

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