

**Equi-Stretch Seated Workout DVD (Equi-Stretch Home  
Workout DVDs, Volume 3)  
By Dan Weltner; Kristi Weltner Redd**

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Equi-Stretch--The Seated Workout: Dan Weltner, Dan Weltner instructs a stationary 20-minute home workout, Dan Weltner, Kristi Weltner Redd;

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