

# **Lose Your Mummy Tummy**

**By Julie Tupler; Jodie Gould**

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## **About Julie Tupler - Diastasis Rehab -**

Julie Tupler CV. Julie is a (Simon& Schuster) and Lose Your Mummy Tummy (DaCapo), produced five DVDs (see DVD page) and developed the Diastasis Rehab Splint .

<https://diastasisrehab.com/about.php>

## **Julie Tupler (Author of Lose Your Mummy Tummy) -**

Julie Tupler is the author of Lose Your Mummy Tummy (3.55 avg rating, 69 ratings, 10 reviews, published 2004) and Maternal Fitness Julie Tupler s Followers.

[http://www.goodreads.com/author/show/220703.Julie\\_Tupler](http://www.goodreads.com/author/show/220703.Julie_Tupler)

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By Jodie Gould and Julie Tupler. Health & Fitness : Exercise | Medical Lose Your Mummy Tummy ePub

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### **Jodie Gould - Lose Your Mummy Tummy - Epinions -**

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### **Lose Your Mummy Tummy: Amazon.it: Julie Tupler, -**

Julie Tupler, R.N., is a certified personal trainer, fitness instructor, and childbirth educator. As President and founder of Maternal Fitness, a prenatal/postpartum

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### **Amazon.com: Lose Your Mummy Tummy DVD: Julie -**

Lose Your Mummy Tummy introduces the Tupler Technique, a ground-breaking set of simple abdominal exercises that decrease the diastasis and result in a firmer, flatter

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