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Simply Ball Jennifer Pohlman,Rodney Searle,2005-06-01 The exercise ball has become an essential popular part of many fitness training programs Working with it can improve overall strength tone helping create a strong supple body This unique workout combining exercises with the ball movements following the Pilates principles will improve muscle endurance help you achieve greater coordination general well being With 25 beginner level exercises more than 80 full color photos this book guides you through an easy to follow program that will inspire you to include these exercises in your fitness routine You will gain balance strength control of your body while improving your overall health Includes a 36 minute DVD with complete exercise ball workout

Pilates on the Ball Colleen Craig,2003-09-10 Features a 45 minute DVD and the bestselling book *Pilates on the Ball* Includes a visual demonstration of selected exercises from the Pilates ball workout described in detail in the accompanying book In her bestselling book *Pilates on the Ball* certified Pilates trainer Colleen Craig combines the effectiveness of the Pilates workout with the unique capabilities of the Swiss exercise ball providing an innovative and low impact way to stay fit Now she offers a DVD in which numerous exercises from the book are demonstrated accompanied by Craig s vocal coaching that explains each step of the exercises While the book *Pilates on the Ball* contains over 160 photographs and detailed step by step instructions many users prefer to see the exercises demonstrated live in real time The accompanying DVD allows readers to see exactly how to position the body throughout each phase of the exercise and also to see what pitfalls can occur and how to easily prevent them Most important of all the DVD allows the user to follow along as if in a class setting The *Pilates on the Ball* book and DVD workout shows users of all levels of fitness how to maximize the use of the ball in order to increase athletic performance build long lean muscles and tone the abdominal core The DVD allows readers to take the exercises to new levels of understanding and effectiveness as they put the exercises contained in the book into practice

The Top Books of the Year 3d Balance Stability Ball Pilates Series Level 3 Intelligent Exercise98 Min Dvd The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have captivated audiences this year. 3d Balance Stability Ball Pilates Series Level 3 Intelligent Exercise98 Min Dvd : Colleen Hoovers "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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