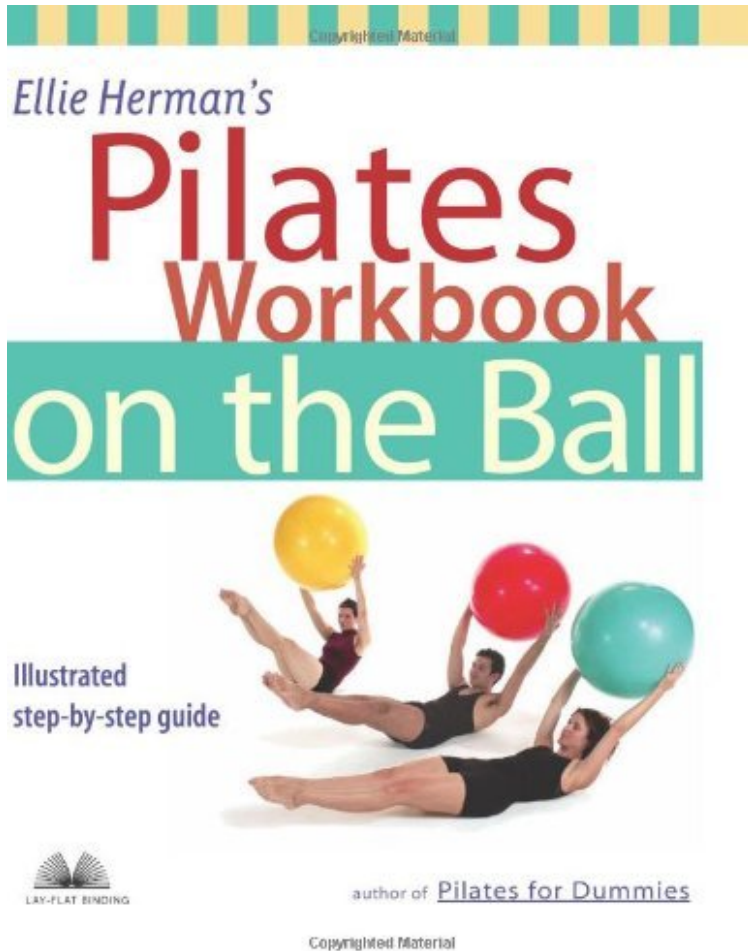


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# Ellie Herman's Pilates Workbook on the Ball: Illustrated Step-by-Step Guide



Par Ellie Herman  
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## Description :

Prsentation de l'diteur FOLLOW THE STEP-BY-STEP PHOTOS IN THIS BOOK TO QUICKLY AND  
EASILY LEARN OVER 50 PILATES-BASED MOVEMENTS PERFORMED ON THE EXERCISE  
BALLSpecially designed by San Franciscobased Pilates expert Ellie Herman for her studio clients, the  
exercises in this book combine the powerful slimming and shaping effects of Pilates with the low-impact,  
high-intensity workout of the ball. Adding fun, variety and increased effectiveness, the ball transforms  
traditional Pilates moves into an unparalleled workout offering:Aerobic conditioningMuscle toningBody  
sculptingFat burningImproved postureMental concentration