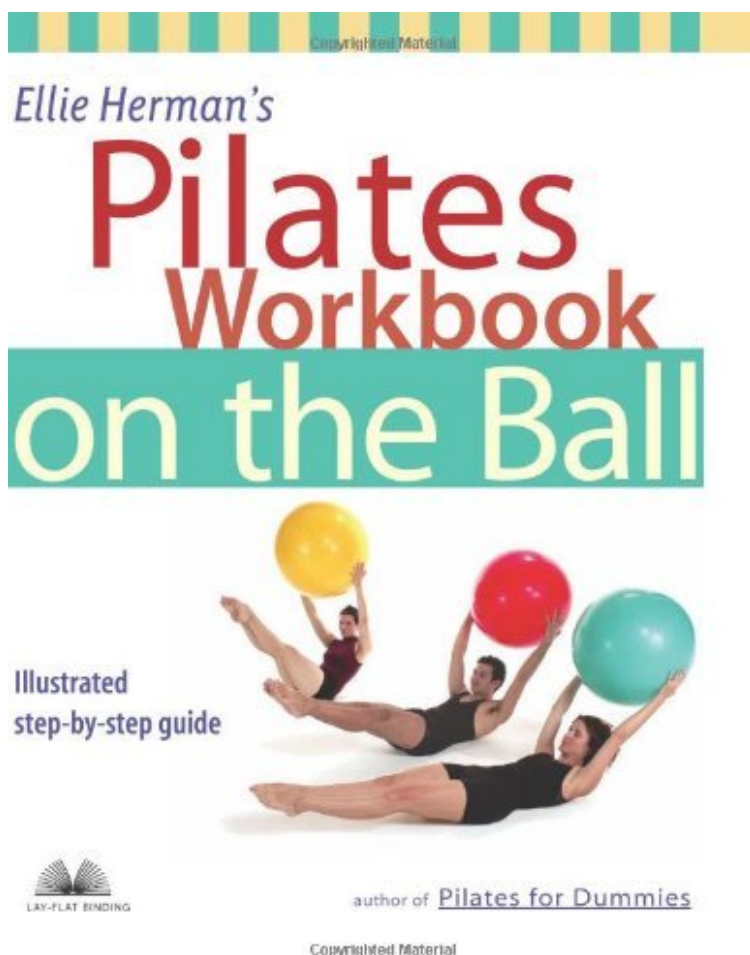


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Ellie Herman's Pilates Workbook on the Ball: Illustrated Step-by-Step Guide



Par Ellie Herman

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Description :

Prsentation de l'diteurFOLLOW 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