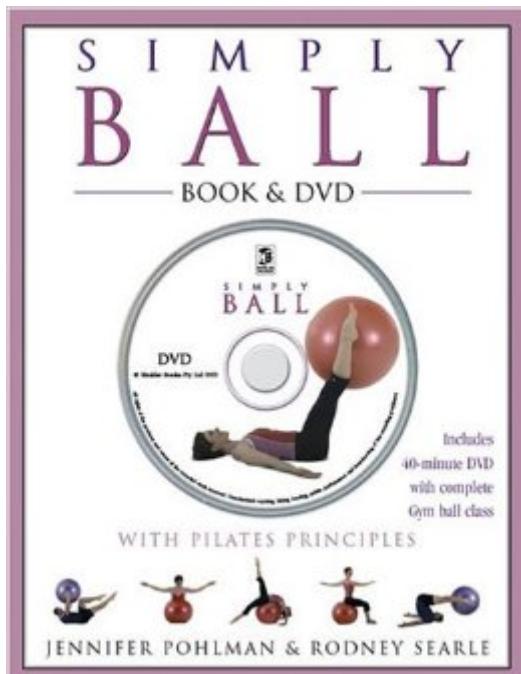


The book was found

Simply Ball: With Pilates Principles



Synopsis

Simply Ball is the ideal exercise ball workout with Pilates principles. Experts Jennifer Pohlman and Rodney Searle guide you through the movements and demonstrate the correct techniques in a 64 page full-colour booklet and 36-minute DVD.

Book Information

Hardcover: 64 pages

Publisher: Hinkler Books Pty Ltd; Har/DVD edition (March 2004)

Language: English

ISBN-10: 1741213576

ISBN-13: 978-1741213577

Product Dimensions: 0.5 x 8.5 x 11.8 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 3.5 out of 5 stars See all reviews (2 customer reviews)

Best Sellers Rank: #1,675,948 in Books (See Top 100 in Books) #280 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates

Customer Reviews

An excellent introduction to balance ball workouts, and the book provides good instruction on proper techniques. Neither Jennifer Pohlman nor Rodney Searle are "show-offs" with regard to their range of motion or ability level (for a comparative example, see "The Method Pilates - Target Specifics" starring Jennifer Kries.) All in all, a well-rounded (no pun intended) program.

ok

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Jennifer Kries' Pilates Plus Method: The Unique Combination of Yoga, Dance, and Pilates
Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body)
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