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## Strength Training on the Ball: A Pilates Guide to Optimal Strength and Balance (Paperback)

By Colleen Craig

Inner Traditions Bear and Company, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book. A unique series of Pilates strength-building exercises using the Swiss exercise ball, resistance bands, and weights - From the bestselling author of Pilates on the Ball and Abs on the Ball - Features specialized strength-training workouts for readers of all ages and fitness levels - Chapters include check points to help readers set realistic goals and tips for physical educators, coaches, and Pilates teachers In Strength Training on the Ball Colleen Craig shows readers of all fitness levels how to build strong bones, improve balance, and reduce body fat while toning and defining the body. Combining the unique functions of the exercise ball with the endurance- and flexibility-building benefits of strength training, Craig presents 75 ball exercises using weights, resistance bands, and the body's own resistance. Her exercise variations make strength training safe for beginners, children, teenagers, and seniors and challenging enough for the seasoned athlete. Strength Training on the Ball is modeled after Craig's groundbreaking and bestselling works Pilates on the Ball and Abs on the Ball. It contains step-by-step photographs for each of the exercises, check points to help...



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