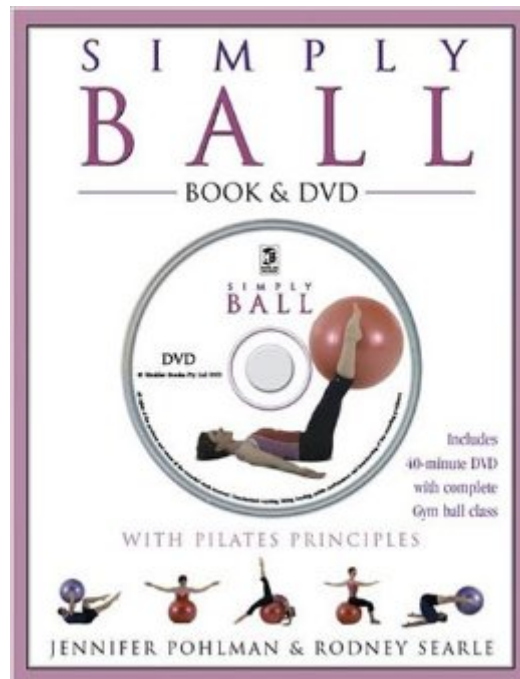


The book was found

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

[Download to continue reading...](#)

Healing Pilates: Pilates - Successful Guide to Pilates Anatomy, Pilates Exercises, and Total Body Fitness - 2nd Edition Simply Ball: With Pilates Principles Pilates on the Ball: The World's Most Popular Workout Using the Exercise Ball Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) The Pilates Arm Chair (The Pilates Equipment) (Volume 2) 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) Discovering

Pure Classical Pilates: Theory and Practice as Joseph Pilates Intended - The Traditional Method vs. The Lies for Sale Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2) La biblia de Dragon Ball/ Dragon's Ball Bible (Spanish Edition) Basic Cue Ball Control Fundamentals: Improve cue ball management skills!! The games of drawing room hockey, tether ball, hand tennis, garden hockey, volley ball, basket goal, lawn hockey, wicket polo, hand polo, golf croquet, clock golf, laws of badminton Simply Beautiful Rubber Stamping (Simply Beautiful Series) Simply Sensational Rubber Stamping (Simply Sensational (D&C)) Table Tennis - How to Classify, Read, Predict Spins & Return a Spinning Ball: Referring to the Principles of Physics The Complete Works of Herbert Spencer: The Principles of Psychology, The Principles of Philosophy, First Principles and More (6 Books With Active Table of Contents) Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain Pilates : Workout routines to change your body Six-Week Bikini Countdown: Tone your butt, abs, and thighs fast combining Pilates with select strength and cardio interval training workouts The Pilates Body: The Ultimate At-Home Guide to Strengthening, Lengthening and Toning Your Body- Without Machines

[Dmca](#)