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## Ellie Herman s Pilates Workbook on the Ball: Illustrated Step-by-Step Guide (Paperback)

By Ellie Herman

Ulysses Press, United States, 2003. Paperback. Condition: New. Language: English . Brand New Book. FOLLOW THE STEP-BY-STEP PHOTOS IN THIS BOOK TO QUICKLY AND EASILY LEARN OVER 50 PILATES-BASED MOVEMENTS PERFORMED ON THE EXERCISE BALL Specially designed by San Francisco--based 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 conditioning \*Muscle toning \*Body sculpting \*Fat burning \*Improved posture \*Mental concentration Each of the movements--from beginner bounces to super-advanced balances--are explained with clear captions and easy-to-follow photo sequences.



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