



The Pilates Coach (Combination Mini-Ball Workout Program)

Leslee Bender, Pilates Mini-Ball Workout, Pilates Mini-Ball Advanced Workout

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The mini-ball provides instability much like an exercise ball making you engage your core muscles. You will receive 2 Pilates Mini-Ball Workout DVD's Titled: -Pilates Mini-Ball Workout- Learn how to safely do Pilates mat exercises, how to use a small mini ball for many variations. You will feel the difference in the training method to a stronger, more flexible body. This program has been credited by ACE, AFAA NASM - Pilates Mini-Ball Advanced Workout- Has 2 segments "Mini Ball Mat 1 & Mat 2" The Pilates Mini-Ball Advanced Workout from fitness and Pilates expert Leslee Bender is a challenging and effective way to improve strength, flexibility and muscle tone. The Pilates Mini-Ball Advanced Workout is ideal for intermediate or advanced users after mastering the Pilates Mini-Ball Workout. This 41 minute DVD features over 20 mat and mini-ball exercises. It can be used for a home exercise routine, group fitness routine, or by a personal trainer as a great reference tool.

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Clarice Johnson:

As people who live in typically the modest era should be up-date about what going on or information even knowledge to make these individuals keep up with the era which can be always change and advance. Some of you maybe will update themselves by studying books. It is a good choice for yourself but the problems coming to an individual is you don't know what type you should start with. This The Pilates Coach (Combination Mini-Ball Workout Program) is our recommendation so you keep up with the world. Why, because this book serves what you want and want in this era.

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