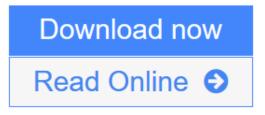


The Pilates Coach (Combination Mini-Ball Workout Program)

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



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Workout, Pilates Mini-Ball Advanced Workout 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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