

LOWER BODY CONDITIONING

yoga balanceball™ pilates

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and tone the lower body
and awaken the mind*

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plus Instructor
Interviews



suzanne deason



jillian hessel

DELUXE DVD EDITION

Lower Body Conditioning Yoga Balanceball Pilates 130 Min Dvd

**Sean P. Gallagher, Romana
Kryzanowska**



Lower Body Conditioning Yoga Balanceball Pilates 130 Min Dvd:

Pilates on the Ball Colleen Craig, 2001-09 Fitness expert Craig presents a unique and exciting synthesis of two highly acclaimed fitness techniques Pilates Method and the Swiss exercise ball 200 photos The BalleCore® Workout Molly Weeks, 2005-03-01 BalleCore is unique in that it combines three tried and true disciplines into one optimal workout Pilates strengthens and stretches the major muscles activates your core the band of muscles below your chest and energizes your body Hatha yoga helps quiet the mind through breath fortifies the nervous system builds stamina and produces mental equilibrium Ballet increases blood flow develops poise promotes good posture and improves balance Fitness dynamo and faculty member of the Boston Ballet for the past seven years Molly Weeks is the woman behind BalleCore She has chosen an array of effective exercises from each of these three disciplines to create a fulfilling workout that can easily be done in your own home and in under an hour The results Reduce backaches and stress Develop stature support the spine and feel steady on your feet Sculpt your arms legs hips and core and look trimmer than ever Loosen those tight spots in the shoulders neck and joints Gain an incredible sense of ease throughout your body Experience inner calm self confidence and renewed optimism With step by step instructions and profusely illustrated with helpful photographs The BalleCore Workout is the ultimate path to good health longevity and mind body wellness Remember 50 minutes a day can change your life **Simply Ball** Jennifer Pohlman, Rodney Searle, 2005-06-01 The exercise ball has become an essential popular part of many fitness training programs Working with it can improve overall strength tone helping create a strong supple body This unique workout combining exercises with the ball movements following the Pilates principles will improve muscle endurance help you achieve greater coordination general well being With 25 beginner level exercises more than 80 full color photos this book guides you through an easy to follow program that will inspire you to include these exercises in your fitness routine You will gain balance strength control of your body while improving your overall health Includes a 36 minute DVD with complete exercise ball workout **Pilates Yoga [dvd Videorecording]**, 2004 The Pilates Method of Body Conditioning Sean P. Gallagher, Romana Kryzanowska, 1999 Here s your opportunity to begin working out with the world s fastest growing exercise program originated by Joseph H Pilates Pi LAH teeZ Once used mainly by performing artists and athletes this low stress program is now available to millions of active and sedentary people to improve their physical and mental well being The book contains more than 70 exercises with over 300 photographs to show you how to work out at home or in the office on the various Pilates apparatus **Pilates and Yoga** Judy Smith, Emily Kelly, Jonathan Monks, 2004 **15 Minute Everyday Pilates** Alycea Ungaro, 2008 Combines step by step instructions color photographs and a DVD to present a series of workouts that target specific parts of the body and tips on how to strengthen stretch tone and build one s way to total body fitness

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