

# LOWER BODY CONDITIONING

# yoga balanceball™ pilates

*Powerful workouts to sculpt  
and tone the lower body  
and awaken the mind*

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**COMPLETE**  
**PROGRAMS**  
plus Instructor  
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suzanne deason



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**DELUXE DVD EDITION**

# Lower Body Conditioning Yoga Balanceball Pilates 130 Min Dvd

**Colleen Craig**



## **Lower Body Conditioning Yoga Balanceball Pilates 130 Min Dvd:**

*Pilates on the Ball* Colleen Craig, 2001-09-01 A unique and exciting synthesis of two highly acclaimed fitness techniques Pilates Method and the Swiss exercise ball Non impact Pilates exercises on the ball can be adapted for all levels of ability from fitness trainers and weekend athletes to those healing from injury or chronic back pain Shows how to practice Pilates techniques without expensive equipment Profusely illustrated with black and white photographs for maximal learning The Pilates Method of body conditioning is a highly effective workout technique that strengthens the body while engaging the mind Developed in the early twentieth century by accomplished boxer and gymnast Joseph Pilates the Pilates Method aligns the body builds long lean muscles and develops core abdominal strength Many lifestyle and fitness magazines have named Pilates the hottest workout of the decade In a first of its kind fusion *Pilates on the Ball* merges the principles and exercises of the highly effective Pilates Method of body conditioning with the unique functions of the exercise ball used by Olympic coaches dancers and athletes to fine tune body awareness and enhance physical performance The ball magnifies the benefits of the carefully developed and refined Pilates Method Because maintaining balance on the ball recruits the deep stabilizing muscles of the spine the postural muscles are strengthened The ball intensifies athletic performance by increasing resistance and heightening awareness of how the body moves in space Chapters detail the Pilates principles step by step with successive movements to challenge all levels of ability and watch points for careful evaluation of your form Intense enough to engage seasoned athletes yet accessible enough to use as an everyday exercise routine or to alleviate chronic pain Pilates on the Ball builds strong bodies and engaged minds

**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

[Pilates Yoga \[dvd Videorecording\]](#), 2004 [15 Minute Home Workout](#) Alycea Ungaro, Joan Pagano, Suzanne Martin, Louise Grime, 2010 Whether you want to focus on body sculpting with Pilates fire up your muscles with strength training exercises get a stronger back sculpt beach ready abs or

relax and revive with yoga Home Workout has an exercise program to suit every goal and mood Featuring four complete routines from each of these books in the 15 Minute series Everyday Pilates Gentle Yoga Better Back Total Body Workout and Abs Workouts Home Workout offers the home exerciser fantastic choice expert guidance and great results     *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

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