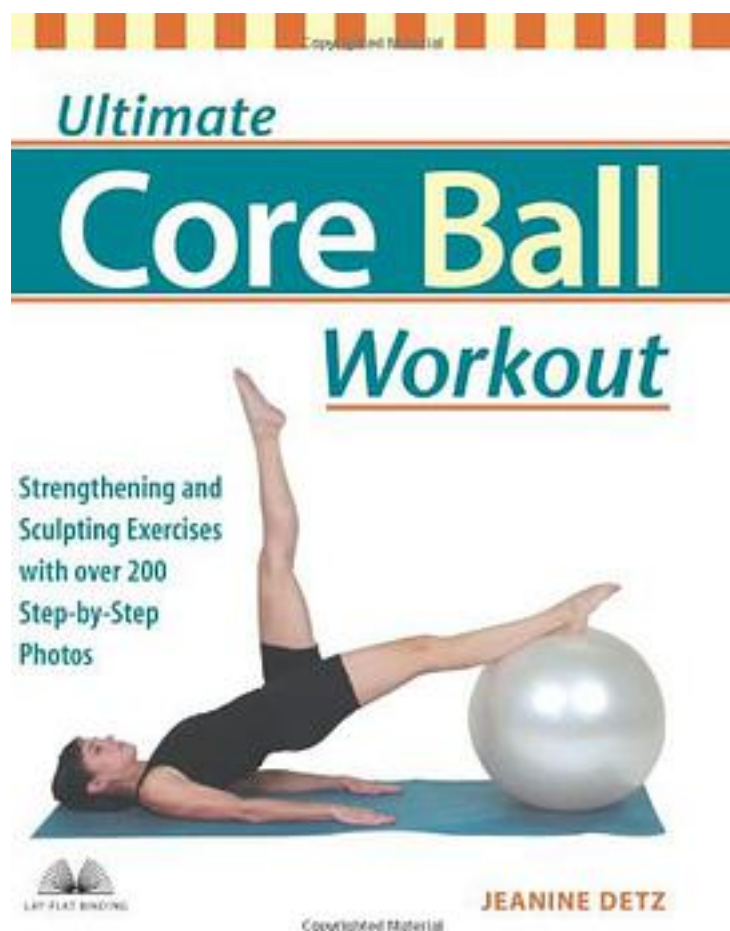


# Ultimate Core Ball Workout



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FOLLOW THE STEP-BY-STEP PHOTOS IN THIS BOOK TO QUICKLY AND EASILY LEARN OVER 45 CORE-STRENGTHENING MOVEMENTS PERFORMED ON THE EXERCISE BALL. Specially designed for readers at all exercise levels to achieve the core of their dreams,

the workouts in this book move beyond tired sit-ups and crunches by offering, fun, challenging and--most importantly--effective exercises by using the ball. Adding variety and increasing results, the ball boosts core training by enhancing: Muscle toning Body sculpting Fat burning Posture & alignment Mental concentration Each of the movements, from gentle seated hip rolls to intense straight-leg bicycles, are explained with clear captions and easy-to-follow photo sequences. About the Author Jeanine Detz has written for Muscle & Fitness, Muscle & Fitness HERS, Shape and Weight Loss That Works . She has also edited many health and fitness books including Shape Do It Right and A woman's Guide to Weight Training .

作者介绍:

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