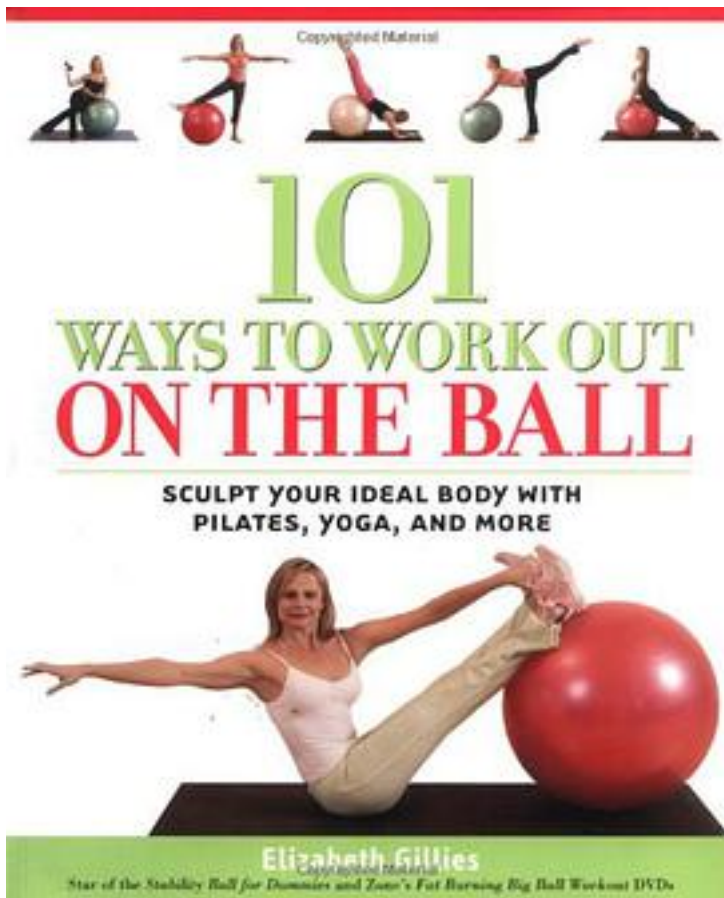


101 Ways to Work Out on the Ball



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A full-color photographic book with 101 different moves you can do with an exercise ball. Exercise balls are cropping up in gyms all over the world, are sold in places like Kmart and Target, and are becoming the latest fitness craze. The thing is, what the heck do you do with the ball once you've bought it? Pilates, yoga, and more! Liz Gillies,

respected fitness trainer and star of several best-selling exercise videos, shows you 101 things you can do with a ball to tone, trim, and firm up.

作者介绍:

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