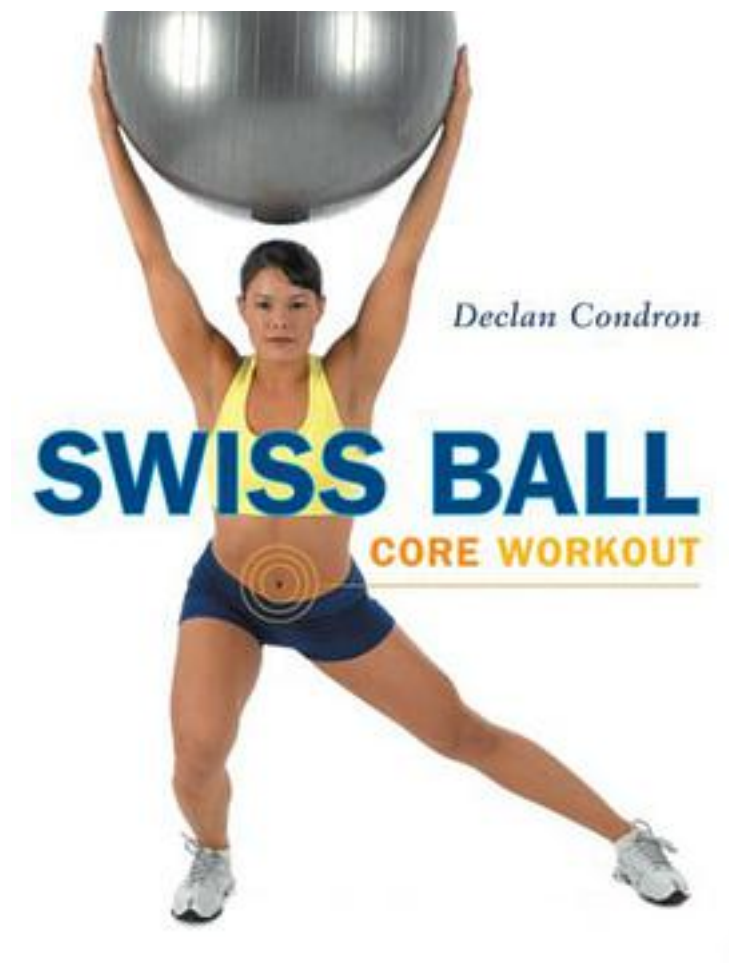


Swiss Ball Core Workout



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Two inspired ideas join forces: the Swiss exercise ball and the concept of a workout for all the muscles of the body core. Working out while sitting or lying on the inflatable ball—which comes in sizes from 18 to 30 inches—stimulates the sense of equilibrium

and promotes synergy between muscle groups. The workouts, which use dumbbells or ankle weights to tone muscles and promote weight loss, also build better coordination, improve posture, and equalize the tensions that cause stiffness and back pain. The wide choice of routines—all of which include strength and cardio—provide an exciting change from traditional weight training. Fitness buffs will get results...and have a ball!

作者介绍:

目录:

[Swiss Ball Core Workout_下载链接1](#)

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