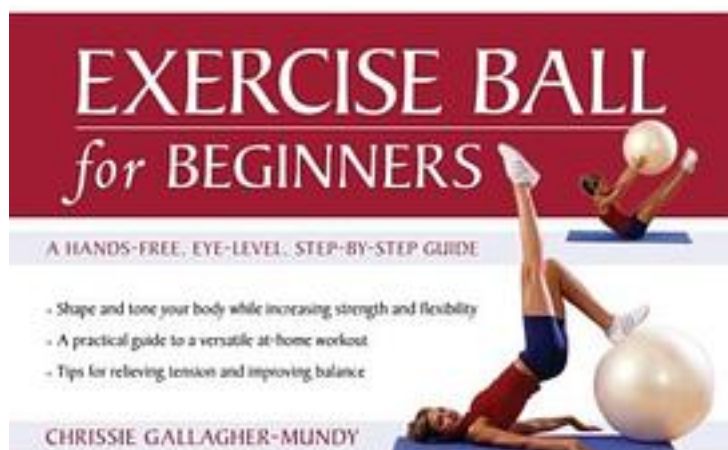


Exercise Ball for Beginners



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Exercise balls have grown in popularity at the gym since they were first introduced in the 1960s, and now Exercise Ball for Beginners brings this fun, versatile workout home. The newest addition to the HarperResource popular stand-up series features exercises designed to target specific muscle groups. The exercise ball workout builds strength and flexibility, relieves tension, and improves balance and coordination. Important safety information is also included. Exercise Ball for Beginners features step-by-step instructional photos and a unique hands-free design.

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