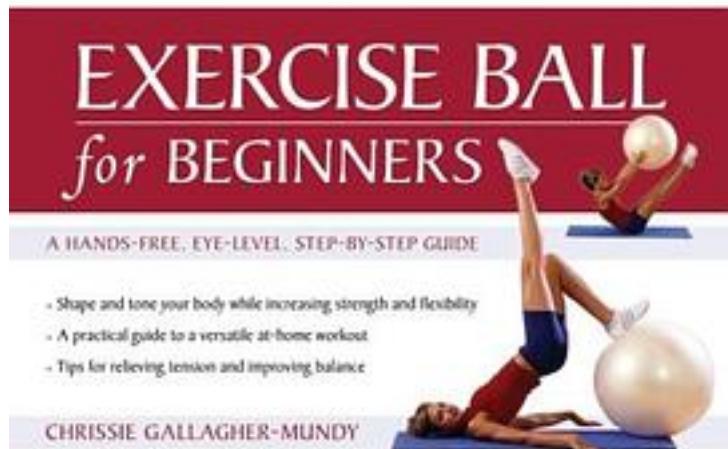


Exercise Ball for Beginners



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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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